

## Kill Worry Before Worry Kills You, Part 2 - Philippians 4:6-7 – March 10<sup>th</sup>, 2019

- Today's teaching will be part two of a series I've titled, "Kill Worry Before Worry Kills You."
- The reason I chose this title is because worry actually has the propensity to literally kill us with the physical damage done to us.
- It's for this reason we have the text before us today, in which the Apostle Paul provides us with the cure for worry and anxiety.

- While I realize that it may seem like an oversimplification, the cure for all our worry and anxiety is to pray about every situation.
- It's important to understand that prayer is petitioning the throne with specific requests, a thankful heart and attitude of gratitude.
- This is why the enemy will do everything and stop at nothing to keep a Christian from praying; he knows it's the deciding factor.

- Prayer changes the pray-er vis-a-vis the transformation that takes place within us when we make our requests known to God.
- Perhaps it's better said this way, "It's not that we inform God when we pray, instead; we are conformed to God when we pray."
- When we pray we view our circumstances through the lens of our God, instead of God through the lens of our circumstances.

- In addition to prayer changing how we see our situation, prayer also has the affect of reminding us of situations in the past.
- We are reminded of all the times God was faithful in the past, when we thank Him for how He delivered us from that situation.
- I think of David recalling how God delivered him in the past from a bear and lion and that God would deliver him from Goliath.

- There's a third way that prayer changes us, and it has to do with the peace that comes as a result of the very act of praying.
- We see this in the Psalms, where the Psalmist is crying out to God then ends praising God though the situation hasn't changed.
- The peace that guards our hearts and minds does not come by way of understanding; rather it transcends all understanding.

Proverbs 3:5-6 - 5 Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.

- The word that Paul uses for anxious is actually two words put together in the original language of the Greek New Testament.
- The first part of the word means torn, separated or divided, and the second part of this word in the Greek is the word for mind.
- In other words, to be anxious or worried is to literally have a divided mind, or if you prefer, to be double minded as James says.

James 1:5-8 - 5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. 6 But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. 7 That person should not expect to receive anything from the Lord. 8 Such a person is double-minded and unstable in all they do.

- If you were to ask me what I thought was one of the main reasons should never worry it would be that it accomplishes nothing.
- As one aptly said it, worry is like a rocking chair in the sense that you keep going back and forth but you never get anywhere.
- If this weren't bad enough, not only does worrying accomplish nothing, most of what we worry about never actually happens.

There was an interesting study done by a Dr. Joseph Goewey that looked into how many of our imagined calamities never materialize. In it, subjects were asked to write down their worries over an extended period of time and then identify which of their imagined misfortunes did not actually happen. It turns out that 85 percent of what subjects worried about never happened, and with the 15 percent that did happen, 79 percent of subjects discovered either they could handle the difficulty better than expected, or the difficulty taught them a lesson worth learning. This means that 97 percent of what you worry over is not much more than a fearful mind punishing you with exaggerations and misperceptions.

- I would suggest this spirit of fear is exactly what Satan seeks to do in order to torment us with the anxious thoughts in our mind.
- But God has not given us a spirit of fear but of power, love and of a sound mind, not a tormented mind that goes back and forth.
- Faith is the antithesis of fear, and as one put it, "If you don't live with an anchor of faith, you're going to drift in a sea of anxiety."

- The question becomes one of how do we replace fear with faith and for the answer we need look no further than to Romans.

Romans 10:17 (NKJV) — 17 So then faith comes by hearing, and hearing by the word of God.

- Dare I say that it's when God hears from us in prayer, and we in turn hear from Him in His Word, that fear is replaced by faith.
- The best illustration I ever heard concerning this is that of a phone; the earphone is God's Word and the microphone is prayer.
- Prayer is more of a dialogue than a monologue. In other words, I talk to God through prayer, He responds through His Word.

Psalms 62:8 - Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us. Selah