

Kill Worry Before Worry Kills You, Part 3 - Philippians 4:8-9 – March 17th, 2019

- While I realize the title may sound somewhat melodramatic, the fact of the matter is that worry can literally affect you physically.
- Recent research is discovering that 75-98% of our current mental and physical illnesses come from the thoughts that we think.
- The reason being is those thoughts put our body into stress, which stresses our immune system, making it vulnerable to illness.

- Enter our text today, where the Apostle Paul lists eight things we are to think on in order to renew, even transform our minds.
- Thankfully, when it comes to anxiety and fear, we're not only told what we're to do, but why we're to do it and even how to do it.
- It's important to understand that God will never command us to do anything, without also enabling and empowering us to do it.

- I'd like to begin with what we're commanded to do, which is that of not worrying about anything, but praying about everything.
- In addition to not worrying about anything and praying about everything, we're also to thank God for anything we can think of.
- This is a conditional promise that if we'll do these things, then we'll have the peace of God that transcends our understanding.

- This brings us to the why, which is that our thought life is so powerful that it can actually determine who and what we become.
- We're told in the Proverbs that "as a man thinks in his heart, so is he." In other words, what we think is who we will become.
- It all starts in the mind, which is the battleground, and the problem is that Satan knows this, but doesn't want us to know this.

Ralph Waldo Emerson - "Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny."

- It's for this reason that the scriptures are replete with passage after passage that speaks to the importance of our thought lives.
- Actually, this is the why behind the what, if you will, and the good news is that it also comes packaged with the how to change.
- It's been said that in order for us to do the "what" of the Holy Word we must have the "how" of the Holy Spirit to empower us.

- I'm hoping you'll kindly indulge me for the remainder of our time together as we look at four how's as it relates to killing worry.
- Specifically, how it is that we can be victorious over fear, worry, and anxiety and have the peace of God from the God of peace.

How #1 - Catch

2 Corinthians 10:4-6 - 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 6 And we will be ready to punish every act of disobedience, once your obedience is complete.

How #2 - Renew

Romans 12:2 - Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

How #3 - Transfer

Matthew 6:19-34 - 19 "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; 20 but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also. 22 "The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. 23 But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness! 24 "No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon. 25 "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? 26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? 27 Which of you by worrying can add one cubit to his stature? 28 "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; 29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these. 30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? 31 "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. 33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

How #4 - Practice

Philippians 4:8-9 - 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.