

Empowered To Win!
Prayer Can Cure Worry
5.18.2025

Introduction

Romans 12:12 (PHILLIPS)

...steadfastly maintain the habit of prayer.

1 Thessalonians 5:17 (NKJV)

pray without ceasing,

(Evidence Bible Notes)

General "Stonewall" Jackson, one of the country's greatest generals, gives a good example of how to "pray without ceasing": "When we take our meals, there is the grace. When I take a draught of water, I always pause ... to lift up my heart to God in thanks and prayer for the water of life. Whenever I [send] a letter... I send a petition along with it, for God's blessing upon its mission and upon the person to whom it is sent. "When I [open] a letter... I stop to pray to God that He may prepare me for its contents ...When I go to my class-room and await the arrangement of the cadets in their places, that is my time to intercede with God for them."

Ephesians 6:18 (NKJV)

Praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—

I've been covering some practical aspects of prayer in recent weeks.

Knowing God as your Father who deeply loves you is the foundation of a close relationship with the Lord.

Knowing that God promises to answer our prayers gives us great faith as we pray!

Proverbs 15:8-9 (NKJV)

The sacrifice of the wicked is an abomination to the LORD,
But the prayer of the upright is His delight.

9 The way of the wicked is an abomination to the LORD,
But He loves him who follows righteousness.

Heartfelt praying in private empowers us with God's ability.

Today I want to talk about the prayer of faith as the antidote to personal worry!

All of us are tempted to worry.

Issues come up quickly that need answers and we often don't know what to do!

Sometimes we make mistakes that have a ripple effect throughout different areas of life.

Other people do things that are beyond our control that bring us into the worry mode!

Matthew 6:25-34 (NLT)

That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? 26 Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? 27 Can all your worries add a single moment to your life?

28 "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, 29 yet Solomon in all his glory was not dressed as beautifully as they are. 30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

31 "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. 33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

34 "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

I have found that believing prayer is the best way to deal with worry!

1. We are encouraged to pray instead of worry!

Philippians 4:6-7 (NKJV)

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Philippians 4:6 (PHILLIPS)

Don't worry over anything whatever; tell God every detail of your needs in earnest and thankful prayer, and the peace of God which transcends human understanding, will keep constant guard over your hearts and minds as they rest in Christ Jesus.

Philippians 4:6-7 (AMP)

Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God. 7 And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus.

2. Worry thoughts are Satan's scheme to hinder your life.

Know this:

Satan's kingdom is founded on three principles - kill, steal, destroy. Jesus called him a thief. John 10:10.

2 Corinthians 2:11 (NKJV)

Lest Satan should take advantage of us; for we are not ignorant of his devices.

Advantage

— Sparkling Gems From the Greek Vol. 1: 365 Greek Word Studies For Every Day Of The Year To Sharpen Your Understanding Of God's Word by Rick Renner
<https://a.co/fdrDqWH>

"Paul clearly understood that Satan was constantly seeking ways to take advantage of people. The word "advantage" in this verse is the Greek word *pleonekteo*. This word means to outwit; to trick; or to take advantage of someone through some sinister or sneaky means. It is a compound of the word *pleon*, which means more, and the word *echo*, which means to have. Together, these words form the word *pleonekto*, which denotes a desire to have more, more, and more. It is a form of the word *pleonexia*, the Greek word for greediness. In this case in Second Corinthians 2:11, it pictures someone whose lust for something is so intense that he will take any actions required to obtain what he wants."

Ignorant

— Sparkling Gems From the Greek Vol. 1: 365 Greek Word Studies For Every Day Of The Year To Sharpen Your Understanding Of God's Word by Rick Renner
<https://a.co/09TPynZ>

"The word "ignorant" in Second Corinthians 2: 11 is the Greek word *agnoeo*, and it refers to one's ignorance or lack of certain facts. However, it also includes making mistakes or errors due to a lack of understanding. It is the picture of an uneducated person who, due to a lack of knowledge, is prone to arrive at mistaken conclusions. The word *agnoeo* depicts someone who

is in the dark or without a clue. Because this person lacks understanding, his conclusions are faulty, erroneous, and misguided. This is where we get the word agnostic, the official name used to describe individuals who claim they don't know what they believe. So when someone claims to be agnostic, he is literally claiming to be ignorant!"

Devices - schemings

"Schemings of the mind"

— Sparkling Gems From the Greek Vol. 1: 365 Greek Word Studies For Every Day Of The Year To Sharpen Your Understanding Of God's Word by Rick Renner
<https://a.co/j0uA6Fk>

"The word *devices* is the Greek word *noemata*, derived from the word *nous*. The word *nous* is the word for the mind or the intellect. However, when the word *nous* becomes the word *noemata*, it describes a mind that is scheming, calculating, conniving, devious, shrewd, sly, or clever. This is very significant because it alerts us to the reality that Satan isn't just hoping to hinder us; he is incessantly scheming and conniving to injure or deliberately mess up a person's plans, health, marriage, business, and family. The enemy doesn't really care how he accomplishes his evil plan; he just wants to find ways to ruin whatever that person holds dear. Thus, the word *noemata* denotes Satan's insidious, malevolent plot to attack and victimize human beings, clearly demonstrating that the devil loves to captivate and ultimately destroy human beings. If this devilish process is not aborted by the power of God, it is only a matter of time before Satan puts the last touches on his plan to take captive a person, family, church, ministry, business, organization, or even an entire nation!"

Ephesians 6:11 (NKJV)

Put on the whole armor of God, that you may be able to stand against the wiles of the devil.

"The word "wiles" is taken from the word *methodos*. It is a compound of the words *meta* and *odos*. The word *meta* is a preposition that means with. The word *odos* is the word for a road. When the words *meta* and *odos* are compounded into one word, as in Ephesians 6: 11, it literally means with a road. You've probably already figured out that the word *methodos* is where we get the word "method." Some translations actually translate the word *methodos* as the word "method," but the word "method" is not strong enough to convey the full meaning of the Greek word *methodos*."

— Sparkling Gems From the Greek Vol. 1: 365 Greek Word Studies For Every Day Of The Year To Sharpen Your Understanding Of God's Word by Rick Renner
<https://a.co/6kSMvol>

Ephesians 6:11 (AMP)

11 Put on the full armor of God [for His precepts are like the splendid armor of a heavily-armed soldier], so that you may be able to [successfully] stand up against all the schemes and the strategies and the deceits of the devil.

Satan's **major road** into you is to put a thought into your mind, and a feeling in your emotions and your body.

Don't forget that he is a liar and a thief!

3. Worry intoxicates us mentally!

The reason Satan attacks you with thoughts and feelings is that it is an easy way to get you off track and away from faith in God!

1 Peter 5:8

Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

Sober -

nēphō - Free from intoxicants.

"Be free from mental intoxication."

4. The prayer of faith releases you from fear and pride into faith!

1 Peter 5:5 (NKJV)

Likewise you younger people, submit yourselves to your elders. Yes, all of you be submissive to one another, and be clothed with humility, for "God resists the proud, But gives grace to the humble."

Pride is doing life independently of God's help and power.

Habakkuk 2:4 (AMP)

Look at the proud one, His soul is not right within him, but the righteous will live by his faith [in the true God].

Worry feeds pride because it overlooks God's desire to help you!

Proverbs 3:5-6 (AMP)

Trust in and rely confidently on the LORD with all your heart and do not rely on your own insight or understanding. 6 In all your ways know and acknowledge and recognize Him,

And He will make your paths straight and smooth [removing obstacles that block your way].

Proverbs 3:5-8 (MSG)

Trust God from the bottom of your heart; don't try to figure out everything on your own. 6 Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track. 7 Don't assume that you know it all. Run to God! Run from evil! 8 Your body will glow with health, your very bones will vibrate with life!

Someone said that humility is having the right estimation or opinion of yourself.

1 Peter 5:6

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,

It takes humility to come before God with our needs and problems. We must acknowledge that we don't have the answer and that He does!

1 Peter 5:7 (NKJV)

Casting all your care upon Him, for He cares for you.

All – The whole of your future worries...

Care – Merimna – to be drawn in two different directions, to be distracted.

Used in Matt. 13:22 (NLT)

The seed that fell among the thorns represents those who hear God's word, but all too quickly the message is crowded out by the worries of this life and the lure of wealth, so no fruit is produced.

Used in Mark 4:19

And the cares of this world, the deceitfulness of riches, and the desires for other things entering in choke the word, and it becomes unfruitful.

Luke 21:34

Watch out! Don't let your hearts be dulled by carousing and drunkenness, and by the worries of this life. Don't let that day catch you unaware,

For He cares for you...translations:

TCNT – HE makes you His care.

BECK- He takes care of you.

MOFFAT – His great interest is in you.

NEB – You are His charge.

KNOX – He is concerned for you.

Moffat

Let all your anxieties fall upon Him, for His great interest is in you.

Knox

Throw back on Him the burden of all your anxiety, for He is concerned for you.

Phillips

You can throw the weight of your anxiety upon Him, because He Himself cares for you.

Williams

Cast every worry you have upon Him, because He cares for you.

1 Peter 5:7 - AMPC

Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.

Mark 11:24 (AMP)

For this reason I am telling you, whatever you ask for in prayer, believe (trust and be confident) that it is granted to you, and you will [get it].

5. To clearly deal with worry:

- 1) Tell God the details of what bothers you. Give Him the exact thoughts of how what you are dealing with affects you and how it makes you feel.
- 2) Give the worry to Him and ask Him to solve or work out the problem - for your good and for His Glory.
- 3) Every time you think about the issue - remind the Lord that you have given Him that issue or worry, and that you believe He is working it out!
- 4) Praise and thank God the way you would if the problem was already solved.

Action Points:

1. Make an itemized list of your top 5 concerns.
2. Go before God in prayer and pour out the specific details to Him.
3. Specifically ask Him to work the problem out. Set a mental image in your mind of seeing the problem completely solved.
4. Every time it comes to your mind throughout the day, remind the Lord that you believe that He has it and has solved it by faith.