

Monsters

Strangled?

(Worry)

Part 3

1.19.20

How do beat this monster of worry?

- I. We listen to what Jesus said.
- II. We recognize the impact worry has
 - A. Worry alters life
 - Life story Behavior Attitude
 - B. Worry impacts our bodies

III. We choose to “do”

Philippians 4:⁶Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Lets dissect this

A. Don't..... worry.

B. Do.....pray

1. Pray as an alternative!

2. Pray

Ask for change.

II Cor ³Three different times I begged the Lord to take it away. ⁹Each time he said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.

Ask for wisdom

James 1:5 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.

Ask for power.

Philippians 4:13 ¹³For I can do everything through Christ,^[a] who gives me strength.

Time with God can become a magnificent turning point in displacing our worries. —Chuck Swindoll

3. Pray with gratitude

“Thanksgiving is worry’s Kryptonite” Matt Chandler

You will be given “just enough” (Even though it seems like too much)

I Corinthians 10:13 The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

Regardless of the outcome it’s best

Romans 8:28 And we know that God causes everything to work together^[a] for the good of those who love God and are called according to his purpose for them.

Even the biggest messes are changing us for the Fathers plan for our lives

I Peter 5:10 In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation.

Philippians 1:6 And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

4. Prayer says....

We have obeyed Jesus!

We have taken focus off our problems and places attention on Jesus

We are redirecting worry onto the one who wants it. Jesus.

1 Peter 5:7 Cast all your anxiety on him because he cares for you.

C. Embrace the results....Peace

7Then you will experience God's peace, which exceeds anything we can understand.

1. Here's an attempt to define peace

"A calm holy ok-ness"

Isaiah talked about it

Isaiah 26:3 You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Jesus talked about it

John 14:27 "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

2. The power that comes with peace

We get peace that protects

His peace will guard your hearts and minds as you live in Christ Jesus.

Close: God is a specialist in every circumstance. That includes yours. Today. —Chuck Swindoll