



Victory Christian Center
A Foursquare Church

**“Jesus Christ is the same yesterday,
today, and forevermore.”
Hebrews 13:8**

Our purpose and mission: To know the heart of God through...

- Teaching/Worshipping/Giving/Serving

Our values: To reflect our love for God through the...

- Word of God/Worship of God/Work of God

Our desire is to reflect our love for people with dignity and respect,
to serve our community, to disciple individuals, and make an impact
among our youth.

Download Church App: *victory christian center wy*

Website: *Victoryworland.org*

Title: It's ok, talk to Him

As we just finished coming out of the holidays, our prayer and fasting, an election, and perhaps what each of us are facing right now we can get quickly worn out. It is at those times the enemy will look to attack-when we are tired mentally, physically, and broken emotionally. We mentioned last Sunday that pressure is a privilege and maybe today there are some who are feeling that pressure and don't feel anything good about it.

Remember there are always going to be opportunities and lessons that Jesus will allow us to experience. He wants to know if we will stay **faithful and obedient** during those times. The privilege in the pressure is drawing close to Him, learning of Him, and succeeding through Him.

Today, I want each of us to be encouraged. We need to be reminded as we approach Jesus in prayer He will listen and answer. He sees us tired and knows He will need to strengthen us. And He knows what is ahead for us and will provide what is needed.

The word anxious in Greek is **merimnao**. It means to have our mind occupied. Paul commands that we are not to allow anything from the material realm to consume us, because it will keep us from unity and fellowship in Christ.

The word peace in Greek is **eirene**. It means peace of mind. To be absent of conflict. To join together with how the Lord thinks.

The word sustain in Greek is **diathrepsai**. It means to support, to nourish.

The word rest in Greek is **anapauo**. It means to refresh.

Scriptures:

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." **Philippians 4:6-7**

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

"Cast your cares on the Lord and he will sustain you; he will never let the righteous fall." **Psalms 55:22 (Psalms 55:1-23)-reliance on God, to trust in Him.**

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."
Matthew 11:28-30

Perspective:

What is occupying your mind? What is so important that you have to hang on to those thoughts and feelings you are experiencing? Are you able to let it go? Are you able to trust that Jesus has a better way than you?

What happens when we come to Jesus in prayer:

- We are expecting Jesus to step into our situation and to answer our prayer.
- We are wanting to be at peace.

What does Jesus do when we come to Him in prayer:

- His peace will come upon us.
- He will give us understanding/insight.
- He will protect our hearts.
- He will sustain us.
- He will give us rest.
- He will not let us fall.

What do we need to do:

- We need to line up our will with His will.
- We need to yoke (partner up with him).
- We need to put our focus on Jesus and not our situation.
- We need to humble ourselves and know that we can't do it on our own.
- We need to be thankful in our prayers.

Jesus wants us to have our focus on Him, to be occupied with Him, to be absent of worry. Cast your cares on Him and He will sustain and refresh you.