



Dealing with Worry

December 10, 2023

- I. Message: How to Overcome Worry
 - a. Introduction

Luke 8:14-15 NKJV

14 Now the ones that fell among thorns are those who, when they have heard, go out and are choked with cares, riches, and pleasures of life, and bring no fruit to maturity. 15 But the ones that fell on the good ground are those who, having heard the word with a noble and good heart, keep it and bear fruit with patience.

- i. Worry is unnatural for a Child of God. It's not God's will for your life.
 - ii. **Worrying can't change your past nor can you change your future with it.**
 - iii. **Worrying cancels out today in your life.**
 - iv. It robs you of your potential that God has given you.
 - v. You conquer worry by ruling not by trying to resist it. It's not thru resisting but through refocusing.
 - b. Faith over Worry
 - i. God doesn't work with our needs he works with our faith.
 - ii. He doesn't work with my emotions.
 - iii. Without faith it is impossible to please God.

- II. The Goodness of the Lord

Psalm 27:13-14 AMP

I would have lost heart, unless I had believed That I would see the goodness of the Lord In the land of the living. 14 Wait on the Lord; Be of good courage, And He shall strengthen your heart; Wait, I say, on the Lord!

- a. What does Goodness mean in this scripture? Strong's concordance says it means God's best/God's abundance/God's loving kindness/God's favor/Prosperity.
 - b. How do I walk in God's goodness?
 - i. Thru your confession.
 - 1. Everything starts with our words.
 - 2. Confess that you are living in the goodness of the Lord.
 - a. It can't be occasional.
 - b. What you do on occasional only produces a temporary result.
 - 3. He needs your permission. If God could do anything, there wouldn't be empty seats. There would be no more racism, bigotry.
 - ii. Thru your hearing.

Psalm 34:8 NKJV

Oh, taste and see that the Lord *is* good; Blessed *is* the man *who* trusts in Him!

- 1. Verse 8: How do you taste the goodness of the Lord?
 - a. Example: You have to try this food. It's amazing! What are they saying is you have to taste because it's so good my words can't even describe it.

- b. God doesn't want you only to hear about the goodness of the Lord but to experience it everyday!

Job 34:3 NKJV

For the ear tests words As the palate tastes food.

2. You taste natural things with your mouth. So this means we taste spiritual things with our ears.
 - a. How do I plug into God's best?
 - i. I do it through my hearing.
 - ii. Whatever I am hearing determines if I taste the goodness of the Lord or experience worrying.
 - b. We have to examine what we are hearing!
3. You know the areas of your life that you need to refocus on by the area you are worrying over. In those areas, you are not hearing what God says about that area of your life.
4. Take heed in what you hear and take heed in how much you hear.
 - a. Scripture tells us that faith cometh by hearing. This also means worrying cometh by hearing.

Psalm 23:6 AMP

Surely goodness and mercy shall follow me All the days of my life; And I will dwell[a] in the house of the Lord Forever.

5. I go to church twice a month, have a good confession once and while, read the Bible once a month. It's not enough if I want all the good things to catch up to me and overtake me. Whatever I do occasionally produces temporarily but what I do consistently produce things that last.
 6. The goodness is following me.
 - a. We don't chase signs and wonders, they chase us.
 - b. His best chases us.
- iii. Refocusing: Thru Your Worship

Psalm 34:9 MSG

Worship God if you want the best; worship opens doors to all his goodness.

1. You can't worry and worship at the same time.
2. Worship if you want God's best.
3. You can't resist or cast it out. You overcome by refocusing on his goodness.
4. I'm here today and worshipping the Lord. Therefore, I'm looking for God's goodness.
5. Worship opens the doors to all of God's goodness.