

# WHAT TO DO IN OVERWHELMING TIMES

## How to Overcome Worry, Part 2

3-22-20

*Philippians 4:4-7* - Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- The answer to worry is worship. The answer to anxiety is to worship God. The answer to panic is prayer and praise.
- Worship is a way of life, not an hour on Sunday.
- You were created to know and love God. That's called worship.

*Psalms 105:4* - "Go to the Lord for help and worship Him continually." (TEV)

*2 Chronicles 20:1-2* - "The Moabites, the Ammonites, and the Meunites, joined forces to make war on King Jehoshaphat. <sup>2</sup> He received this intelligence report: 'A huge force is on its way from beyond the Dead Sea to fight you. There's no time to waste...'" (Mes)

Turn your worry into worship:

1. \_\_\_\_\_ ASK \_\_\_\_\_ GOD FOR HELP!
- Your problem is not fear. Your problem is what you do with it.
2. \_\_\_\_\_ BELIEVE \_\_\_\_\_ GOD CAN HANDLE YOUR SITUATION!

- I REMIND MYSELF OF WHO GOD \_\_\_\_\_ IS\_\_\_\_\_.
- I REMIND MYSELF OF WHAT GOD'S \_\_\_\_\_ DONE\_\_\_\_\_.

3. \_\_\_\_\_ CONFESS\_\_\_\_\_ MY INADEQUACY!

4. \_\_\_\_\_ ON GOD TO SAVE ME!

*2 Chronicles 20:12-13* - We do not know what to do, **but our eyes are upon you.**" <sup>13</sup> **All the men** of Judah, with their wives and children and little ones, stood there before the Lord.

*2 Chronicles 20:15* - He said: "Listen, King Jehoshaphat and all who live in Judah and Jerusalem! This is what the Lord says to you: 'Do not be afraid or discouraged because of this vast army. **For the battle is not yours, but God's.**

*2 Chronicles 20:17* - **You will not have to fight this battle.** Take up your positions; **stand firm** and see the deliverance the Lord will give you, O Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you.'" <sup>18</sup> Jehoshaphat bowed with his face to the ground, and all the people of Judah and Jerusalem fell down in worship before the Lord. <sup>19</sup> Then some Levites from the Kohathites and Korahites stood up and praised the Lord, the God of Israel, with very loud voice.

*2 Chronicles 20:20* - "Believe in the Lord your God and you shall have **success!** Believe his prophets and everything will be all right!" TLB

5. \_\_\_\_\_ THANKS TO GOD IN ADVANCE!

*2 Chronicles 20:21-22* - After consulting the people, Jehoshaphat **appointed men to sing to the Lord** and to praise him for the splendor of his holiness as they **went out at the head of the army**, saying: "**Give thanks to the Lord**, for his love endures forever." <sup>22</sup> As they began to sing and praise, **the Lord** set ambushes

against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated.

6. \_\_\_\_\_ THE BLESSING IN THE BAD!

*2 Chronicles 20:24-26* - When the men of Judah came to the place that overlooks the desert and looked toward the vast army, they saw only dead bodies lying on the ground; no one had escaped. <sup>25</sup> So Jehoshaphat and **his men went to carry off their plunder**, and they found among them a great amount of equipment and clothing and also articles of value – more than they could take away. There was so much plunder that it took three days to collect it. <sup>26</sup> On the fourth day they assembled in the **Valley of Blessing**, where they praised the Lord. This is why it is called the Valley of Blessing to this day.

*2 Chronicles 20:27* - Then, led by Jehoshaphat, **all the men of Judah** and Jerusalem returned **joyfully** to Jerusalem, for the **Lord had given them cause to rejoice** over their enemies.

SUGGESTIONS FOR NEXT WEEK (Ten things that you can do in overwhelming times):

**Number one**—Learn to see the opportunities for good.

**Number two**—Seek the face of God before taking any action; this may include fasting.

**Number three**—Remember those times when God has already shown Himself faithful to you.

**Number four**—Go to the Word of God and look for a promise to stand on.

**Number five**—Let the Holy Spirit of God make that promise a burning reality in your heart.

**Number six**—Refuse any confidence in yourself and look to God.

**Number seven**—Give yourself to worship (the 6 steps we looked at).

**Number eight**—Begin to praise God in the face of opposition.

**Number nine**—Expect God to send confusion to the enemy.

**Number ten**—Get ready for a blessing.

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