

Worry

Adapted from the sermon the Pastor Djohan Handoyo

As we enter the year of God's favor, is there any of us who still doubt God's promises because you fear and worry about the upcoming situation? It is true that there are no men who never worry, but if we hold on the word of God, we'll be ready to enter 2012.

Worry are everywhere, through the news, we can read the current world situation such as the economy, information technology, natural disasters, etc. which can make us worry. The Word of God is the shield of our lives. If we have the Word, we can surrender our worries in prayer and supplication with thanksgiving. If we catch the Word then whenever we feel worries we will remember that the Word of God says "do not worry". Jesus said in Matthew 6 about not to worry, that God knows and cares for His children more than sparrows in the air. Let us take this truth to not worry about anything.

Philippians 4: 6-7

Understanding about worry:

1. Focus on what we have, fear of losing/ changed eg. health, material, position, wealth, etc.
2. Focus on what we do not have. Always say "what if" for the things that has not happened.

Ways to overcome fear and anxiety.

1. We must focus on God through prayer.

Word of God says to cast all our worries in prayer and thanksgiving. Prayer is our focus to the Lord Jesus and what God has, that He is the God of peace (Philippians 4:7). The peace of God will guard your hearts and minds so that we do not worry.

2. Positive thinking according to the word of God.

God's Word is the truth, the signs and the best gauges for our lives. Thus, our words, thoughts and actions are according to the Word of God. Our thoughts and our hearts will experience the peace of God. Like a magnet that will draw something that has the same wavelength. Likewise we must radiate positive waves through our minds, so it will attract positive things to happen in our lives. Conversely, if we let go of the negative wave with a negative thought for example those people were not right, we cannot be close, then we emit negative wave and it will happen we cannot be close with that person.

Philippians 4: 8 → this are the positive thinking practice that will get rid of our

worries. May it be worry about health, finances, etc., Declaring the word of God to our condition, commanded healing, restoration and blessing for our conditions. Thinking of the right things mean in business, we have to do the right thing as well as in dating. Think of what is noble, its noble to serve, to bring the kids to know God is glorious. All that is fair, whether we are fair with God, to our family and employees.

If we think, speak and practice the Word, the Word is the Word of Jesus Himself who became man. The Word of God is alive, if we are full of the Words, then we are Christ's open letter. When people read it they would be interested in the Lord Jesus.

Psalm 3 → story of King David who had to flee from his son who wanted to kill him and all he did was to ask God. Perhaps you are also experiencing the same thing, you experience the same pressure so what you have to do is to ask the Lord like what David did. Although he had reason to fear, he asked the Lord and secondly, he declares the word of God that God is his shield. And God answered David from His holy place.

You may be there in the valley of tears like David. Verse 6, David was tired but he could sleep in peace. Because he surrenders all his fear to God and receive the peace of God. Verses 7-9, David believe in the word of God. He prayed the Prophetic prayer. If we are depressed, start declaring the word of God. If God helped David then God will help us too.

3. Total surrender.

Let's overcome anxiety by praying diligently and surrender to God I Pet 5: 7. The Lord will not only guard our heart, soul and mind but the body also. Constant prayer and surrender will produce miracles. God is the God who provides everything we need. Let's give and leave all our worries with thanksgiving because He understands.

Question

Everyone of us ever worry, let's share the testimony of each of our lives, how to overcome that fear.