

“Tell Your Worries To Find A New Home!”

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Sunday Morning, 9:30am Stream

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hashtags:

*#guidinglight #pastorjim
#givingthanks #promises
#willpower #promisesofGod
#love #showinglove
#loveofGod #loveofChrist
#repentance #fear
#forgiveness #Godworks
#savedtoserve #healer
#protector #Godforgives
#worry*

{All scriptures are NIV84 unless stated}

1 Corinthians 10:23

23 “Everything is permissible”—but not everything is beneficial. “Everything is permissible”—but not everything is constructive.

Everything is permissible.

Our choices...our decisions...our moves...

Is it permissible of beneficial?

With this year almost over...have we been doing the permissible things?

Or have we been doing the beneficial things?

Question:

Why Are You Looking Forward To 2023?

It is okay to be excited about it...but why???

What makes 2023 different than 2022?

Or any of the other years before?

What are you planning on doing differently next year?

If You Do The Same Things You’ve Done Before, You’ll Get What You’ve Always Gotten!

You can't expect to do the same things you did this year...and expect 2023 to be better!

So if we want better...

If we want more...

We should DO something different...

We should TAKE some things with us...

And LEAVE some things behind.

As We Get Ready For The New Year, Some Things Need To Stay Behind In 2022!

If you carry anything into 2023...make sure it's going to strengthen your relationship with God.

What can strengthen your relationship?

Week 1: Remembering the promises of God...

Week 2: Letting Go of Fear and Anxiety...

This week: Continuing things You need to leave in 2022.

Today's Title:

“Tell Your Worries To Find A New Home!”

So let's talk about it:

Things To Leave In 2022:

Worry

In the greek, “worry” is translated as:

Merimnao:

- **“to be anxious, to be distracted”**
- **“to have a divided mind”**

Worry causes you to be divided in your own mind.

Divided?

What Type Of Things Should We Have On Our Mind?

Philippians 4:8

8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Thinking about the useful things:

The true things...

The Noble Things

The Right Things

The Pure Things

The Lovely Things

The Admirable, Excellent or Praiseworthy Things!

But that's not what worry does!

We think of the What Ifs...

What Ifs:

What If It Doesn't Work?

What If They Say This?

What If It Does That?

What If I Mess Up?

What If "This" Happens?

What If This Situation Doesn't Change?

We are wanting things to work but thinking they won't at the same time.

That's how we're divided when we worry.

Mark 3:25

25 If a house is divided against itself, that house cannot stand.

We can't be confident and worry at the same time.

Worry Divides Us Between What Is Productive And What Is Destructive

Why destructive?

Well God sees worry as sin.

Why?

3 Ways God Sees Worry As Sin:

1. When We Worry, We Are Showing God We Don't Fully Trust Him!

Worry keeps us in a form of second guessing-

Second guessing things God wants us to trust him in.

Isaiah 58:11

11 The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.

The Lord will guide you ALWAYS.

there is never a time where the Lord is not guiding.

if you are following him...you will not be lost.

Your needs will be satisfied in a sun-scorched land.

God will supply you in a time when supplies aren't available.

At a time when normal supplies are available...God has you.

Your frame will be strengthened...

It will be good for you...and will make you stronger.

In just that one scripture...God says what he will do...

But we still worry about if he can do it??

How can we trust God when we're wondering if God is going to do something?

If God Says He Will Lead Us To Good Things, Trust Him To Lead You To Good Things!

We either believe him or we don't.

3 Ways God Sees Worry As Sin:

2. It Is Damaging To Our Own Bodies

Have you ever noticed how worry effects your body?

Worry does NOTHING good to our bodies.

Worrying Causes Us To Be:

Anxious

Concerned

Stressed

Distracted

Without Peace

Distressed

Without Rest

These things can also cause stomach issues.

High blood pressure

Heart trouble

Headaches

These are just the things it does to our own body.

1 Corinthians 6:19

19 Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your body.

This means we are to take care of ourselves!

Don't do things destructive to your health!

1 Peter 2:5

5 you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ.

You are being BUILT into a spiritual house.

This is for God...

So don't do things to tear your own house down!

3 Ways God Sees Worry As Sin:

3. God Told Us Specifically Not To Worry!

Matthew 6:25

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Who of you by worrying can add a single hour to his life?”

Don't worry...very clear.

Do NOT worry about your life.

Do NOT worry about your needs.

Why?

Because worry can't add anything to anything...

But worry can take away...

God Has You Covered! Story Worrying About It!

Matthew 6:33-34

33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Why Do We Worry?

We worry because we confuse the power of God and what he can do.

The Same God Who Saves Your Soul Can Take Care Of Your Everyday Needs Also!

Why do we THINK God won't cover our daily needs?

The birds are fed...

God keeps them...

Matthew 7:9-11

9 “Which of you, if his son asks for bread, will give him a stone? 10 Or if he asks for a fish, will give him a snake? 11 If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!”

If your child asked for something they need for health...

do you give them something to harm them?

Of course not!

So if YOU know how to give gifts to your children...

What would the GOOD Father give to you??

Ephesians 3:20

20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us...

What would the GOOD Father give to you??

Immeasurably more than you can think!

If You Ask God To Take Our Worries, Trust That He Will!

He can do more than you can imagine to ask...

Why Do We Worry Over Things We Can't Control?

Truth is there is very little in life...if ANYTHING that we can control.

You know you can spend all day and night planning for something to go how you want.

And it doesn't go that way at all.

James 4:13-16

13 Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." 14 Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. 15 Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." 16 As it is, you boast and brag. All such boasting is evil.

Our lives are in God's hands.

We can do nothing on our own.

{Matthew 6:27} 27 Who of you by worrying can add a single hour to his life?

If My Life Is In God's Hands, Let Him Handle My Problems!

God wants the ability to lead our life...

...and we not get in the way.

But understand it's more than just saying "STOP WORRYING."

What Do I Do If I'm Worried?

Let's use this:

Philippians 4:6

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

What To Do If I'm Worried:

1. Go To God In Prayer And Let It All Out! Trust That God Will Take It!

Philippians 4:6

6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

In EVERYTHING...by prayer...

If you have to cry it out...

cry it out.

get it OUT of your system!

1 Kings 22 talks about the King of Israel.

The King of Israel had a big decision to make.

Something he was concerned about.

He told Jehoshaphat about his thoughts and asked if he would help him if he were to attack a group of people.

Jehoshaphat told him:

1 Kings 22:5

5 But Jehoshaphat also said to the king of Israel, "First seek the counsel of the Lord."

That's a big decision

...you better take it before God.

1 Peter 5:7

7 Cast all your anxiety on him because he cares for you.

God cares for you...

What To Do If I'm Worried:

2. Seek God's Peace And Use That To Keep Us From Going Back To Worrying!

Philippians 4:7

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

The point is to stop worrying...

No more division in our minds.

A house divided can't stand.

Give it to God!

What To Do If I'm Worried:

3. If This Doesn't Help Remove Your Worry, Repeat #1 and #2.

We may have more we need to get out before God.

They tell us when you clean infected wounds you have to get ALL the infection out...

or it will continue to grow.

Remind Your Worries That God Will Take Care And Sustain You!

We believe God's word is true...

Some things may require more work to fully get out.

Some of us may be carrying years and decades of things we need to let go of.

But if God says he will take it,

God will take it.

What To Do If I'm Worried:

4. Before The Next Worry Starts, Check Those Thoughts Against Philippians 4:8!

Philippians 4:8-9

8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Think about the right things...

And God's peace will be with you.

Let's not carry worry into 2023.

There's nothing it can add...

It only tears us down.

Worry doesn't help...

It's permissible to keep your worries...

But it's NOT beneficial.

Let's stop being divided in our own minds...

Tell Your Worries To Find A New Home!