

THEME: SEVEN DEADLY PASSIONS – WORRY

TOPIC: HOW DOES ONE BREAK FREE FROM WORRY?

TEXT: ROMANS 8:5-8, MATTHEW 6:25-34, PHILLIPPIANS 4:6-7

Introduction

Most people certainly do know that worry is one of the afflictions of humanity. So what they want is the answer, the way out.

Well, you must recognise and establish in your mind that God's desire for the believer is to be in good health and that includes victory from everything that bothers your mind. **3 John 1:2**

Disease is not only physical ailment as in a sore throat, cancer, and headache. Dis-ease is anything which reduces your ease. So, no matter what you face, you must recognise that Bible solutions make a godly sense and they also make natural sense. Bible solutions will give you a lasting catharsis for this thing you are facing, therefore:

HOW DOES ONE BREAK FREE FROM WORRY?

1. Document what you are worried about and in a month's time cross out what has changed.

You will be surprised that most times, many of the things do not carry the same weight as they did in the initial stage one month on.

2. Do not turn your worry to your vision

Have a better vision for life. Some people have made what made them worried their assignment for the rest of life. They make major and value decisions during such times, only to regret them later because they had given so much attention to things that did not deserve their attention. **Hebrews 2:2-3**

3. You must learn to laugh

By this I mean to laugh at yourself. Laugh at things around you. Look at things that make you laugh. Stop taking yourself too seriously. If you are a parent, learn to play with your children. Enjoy the time of their childhood because laughter is one of the best medicines of the soul. **Proverbs 17:22**

4. Keep your focus

Stay focussed on your purpose and direction in life. Don't let worry choose how you live. **Philippians 3:14**

5. During a season and time of worry, do not make major decisions

Whenever you find yourself at the crossroad of a crisis, it is not the time to begin to make major decisions. Jesus warns us against this. He says, "It is not the time to worry about tomorrow". **Matthew 6:34**

6. Give some love to someone else

While you are busy loving people, it is impossible to not receive love yourself. While you are busy giving love to people the enemy cannot make a big deal of what you are going through because you have chosen to walk in love and be worry free.

7. Some worries are based on expectations

It is the time to be realistic with yourself and ask if your worries are realistic. **Romans 12:3**

8. Make an investment in your own future

Believe in the vision that God has given to you and direct the energy you could have used to worry to your own vision. *Proverbs 24:3-4 (TLB)*

9. Remember how you got to this position

Some of your worries were fed by your assumptions. Repent of jumping to conclusions about people and things. Repent of your assumptions. Confess to God the places where you have played psychologist because until you have concrete proof on any matter, nothing is really as it seems to be. *Ecclesiastes 10:12 (TLB)*

10. Put your thoughts under the magnifying glass of a test – Ask yourself if your thoughts are negative. *Proverbs 23:7*

Because if you are not objective about the situation, maybe you need to ask somebody else to analyse what is making you worried and they might just see things differently.

11. Handle one thing at a time

You must recognise this. Inch by inch, anything is a Cinch. *Deuteronomy 7:22*

12. To permanently put worry in its resting place, you must get to the root of the problem.

What caused all this worry? Was it your assumptions? Until you get to the root of your worry you would only be dealing with the surface and not the root. So you must seek for the way out. Deal with the root

13. Let me add another point I once heard somebody say, when it comes to dealing with worry – Know your body's signal. 2 Timothy 4:5

- a. You must know the things that are likely to get you worried and make efforts to stay away from them.
- b. You must know the relationships that may get you worried and make efforts to not even allow them to light your fire.

14. One of the ways out is to look for a new thing – new challenge, new vision, new dream, new relationship into which you can direct your energy, your strength. God wants to constantly do new things in your life. *Isaiah 43:19*

15. Whatever you do at a time when you seem worried and troubled, you must recognise the healing power, staying power and sustaining power of the peace of God. Hebrews 13:20-21, Hebrews 12:14, Psalm 54:4, Psalm 55:16-18

God will get rid of any satanic toxin released into your body system as you begin to apply the peace of God.

CONCLUSION

As you bring your worry under the cross of Jesus Christ, you must recognise that when Jesus hung on that cross, one of the words He used was “Tetelestai” – it is finished. And whatever Jesus says is finished means you should not keep it alive. He will cause you to begin to walk in a new kind of happiness and joy. *1 Peter 1:8*

Finally, rid yourself of the toxins of worry. Let the Holy Spirit do a work of healing in you. Recognise that once you give Him His proper place and you begin to meditate on the things of God, you will enjoy a happier life, a richer Christian life, a longer life. You will enjoy God's covenant blessing and no matter what you see around you, you will say, like the song writer: ‘I shall not be moved, just like a tree that is planted by the waters, I shall not be moved. When I go through trials, I shall not be moved, anchored in my saviour, I shall not be moved.’

