

Life In the Spirit Series

Weakened by Fear or Walking by Faith

Romans 8:15-17 ESV For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" (16) The Spirit himself bears witness with our spirit that we are children of God, (17) and if children, then heirs--heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

What is it that relieves fear and worry?

- The antidote for fear is TRUST.
- The strongest possible trust is built on a LOVE RELATIONSHIP.

Again and again God's Word exhorts us not to worry.

"Who of you by worrying can add a single hour to his life?" Matt 6:27

"An anxious heart weighs a man down..." Proverbs 12:25

"Cast all your anxiety on him because he cares for you." 1 Peter 5:7

"Do not be anxious about anything..." Philippians 4:6

Why is worry such a natural thing for us to do?

- A. Worry is an EMOTION
- B. Worry is an ATTITUDE
- C. Worry is a CHOICE
- D. Ultimately worry is FEAR
- E. Worry is both the result of, and results in STRESS.

1. Stress and worry is a real threat to our lives PHYSICALLY.

2. Stress, worry and anxiety can also threaten our lives RELATIONALLY.

3. Stress and worry can threaten our lives EMOTIONALLY.

Proverbs 12:25 ESV Anxiety in a man's heart weighs him down, but a good word makes him glad.

- Worry can limit us from REACHING our goals.

Matthew 6:25-34 ESV "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? (26) Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? (27) And which of you by being anxious can add a single hour to his span of life? (28) And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, (29) yet I tell you, even Solomon in all his glory was not arrayed like one of these. (30) But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? (31) Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' (32) For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. (33) But seek first the kingdom of God and his righteousness, and all these things will be added to you. (34) "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

4. Worry can threaten our lives SPIRITUALLY.

- Worry incapacitates us from taking an active part in GOD'S KINGDOM.
- It limits the potential for God to work through us because we lack FAITH.
- Worry blocks our VIEW of God.
 - ✓ Worry says; I NEED TO BE in control.
 - ✓ Faith says; GOD is in control.

- Faith is fully resting in the assurance that God is fulfilling His divine purpose. And that He will fulfill that purpose in us, through us, for us and if need be in spite of us for His glory.

Philippians 4

4 Rejoice in the Lord always; again I will say, Rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

God's Seven-Step plan for transformed thinking and relieve worry.

1. **REJOICE** – Recognizing God's goodness, love and provision is the first step to changing our thinking.
2. **REASON** – Look at your circumstances from God's vantage point not your own. What are His priorities? Are there other people who are affected by the situation? What might God be doing in their life?
3. **REMEMBER** – God is with you and He is in control.
4. **REQUEST** – Now you are ready to pray and ask God to work in your life according to His will and His timing.
5. **REST** – in God's peace that surpasses all understanding.
6. **REVIEW** – your thoughts according to God's truth.
7. **REPEAT** – as often as necessary.

Are you weakened by Fear or are you Walking by Faith?

Romans 8:31-39 ESV What then shall we say to these things? If God is for us, who can be against us? (32) He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? (33) Who shall bring any charge against God's elect? It is God who justifies. (34) Who is to condemn? Christ Jesus is the one who died--more than that, who was raised--who is at the right hand of God, who indeed is interceding for us. (35) Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? (36) As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." (37) No, in all these things we are more than conquerors through him who loved us. (38) For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, (39) nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

The Lord's Prayer

Matthew 6:9-13 KJV

Our Father which art in heaven, Hallowed be thy name. (10) Thy kingdom come. Thy will be done in earth, as it is in heaven. (11) Give us this day our daily bread. (12) And forgive us our debts, as we forgive our debtors. (13) And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.