

Wednesday Night BIBLE STUDY

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Wednesday, December 11, 2024 – First Baptist Church Buda
Midweek Prayer Meeting & Bible Study

OVERCOMERS – PART 3

“Why Trust When You Can Worry”

1 John 5:4-5, Genesis 2 & 3, Matthew 6:25-34, Psalm 37

“⁴ For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. ⁵ Who is he who overcomes the world, but he who believes that Jesus is the Son of God?” – 1 John 5:4-5 (NKJV)

Are you overcoming the world or is the world overcoming you? What do I mean by that? Well, I think to really get the jest of that questions you have to do a lot of introspection (reflection), a lot of soul-searching, a lot of digging deep and taking an honest inventory of your life.

★ *What do you think are some of the signs in our life that the world may be overcoming or getting the best of you in your life?*

SOME SIGNS THE WORLD IS GETTING THE BEST OF YOU:

- (1) **Paralyzing Fear** – Paul said in Romans 8:15, *“¹⁵ For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, ‘Abba, Father.’”* Paul is telling us that “fear” is “bondage”... it paralyzes us. It paralyzes our faith. Paul reminds us in 2 Timothy 1:7, *“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”*
- (2) **Debilitating Doubt** – James, the half-brother of Jesus, said in James 1:6-8, *“⁶ ...He who doubts is like a wave of the sea driven and tossed by the wind. ⁷ For let not that man suppose that he will receive anything from the Lord; ⁸ he is a double-minded man, unstable in all his ways.”* I don’t believe that he is saying there that the Lord won’t do anything for him, but rather that he won’t receive what the Lord could do for him because of his doubts. His doubts make him double-minded in that he has a mind that has been consumed by what has gotten the best of him and filled him with those doubts and although he expresses faith his faith is divided by his doubt and made him unstable

- (3) **Despairing Worry/Anxiety** – Matthew 6:31-34, “³¹ Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. ³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.” Peter wrote in 1 Peter 5:7, “Cast all your care upon Him, for He cares for you.”
- (4) **Weakening Discouragement** – Hebrews 12:3, “For consider Him (Jesus) who endured such hostility from sinner against Himself, lest you become weary and discouraged in your souls.” The writer of Hebrews is telling us that discouragement is wearing or weakening to our soul, therefore we must keep your eyes on Jesus. Discouragement affects our spiritual eyesight. God spoke the Old Testament hero of the faith, Joshua, in Joshua 1:9 and said, “Have I not commanded you? Be strong and of good courage (*don’t be discouraged, be of good courage*); do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.”
- (5) **Giving in to sin and temptation** – James said in James 1:13-14, “¹³ Let no one say when he is tempted, ‘I am tempted by God’; for God cannot be tempted by evil, nor does He Himself tempt anyone. ¹⁴ But each one is tempted when he is drawn away by his own desires and enticed.” “Drawn away” carries with it the idea of being overcome by the pull and draw of the world into temptation and sin. Paul tell us in 1 Corinthians 10:13 that we can overcome sin and temptation when he says, “No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”

WHAT DOES IT MEAN TO BE AN OVERCOMER

Did you know that as a Christian, God wants you to be an overcomer in every situation? He wants you to rule and reign in life as a king! Life is not supposed to be defeating you! The Apostle Paul wrote in Romans 5:17, “For if by the one man’s offense death reigned through the one, much more those who receive abundance of grace and of the gift of righteousness will reign in life through the One, Jesus Christ.”

God has actually put all things under your feet and made you an overcomer in this world! That is what the Bible tells us in Psalm 8:6, “You have made him to have dominion over the works of Your hands; You have put all things under his feet.” And in 1 John 5:5, “Who is he who overcomes the world, but he who believes that Jesus

is the Son of God?" So why is it so often that Christians are not overcoming? Perhaps we are not using the tools God has given us to be an overcomer. ***Let me give you about 7 ways to be an overcomer according to the Bible...***

7 Ways To Be An Overcomer According to the Bible:

- (1) Know who you are** - God says you are an overcomer. If you don't know this or believe this reality, you won't experience it. Knowing that you are an overcomer is the first step. Believe who God says you are. Believe that you will overcome in every situation life throws at you. According to the Merriam Webster dictionary, an overcomer is: a person who overcomes something : one who succeeds in dealing with or gaining control of some problem or difficulty Dictionary.com defines *overcome* as: to get the better of in a struggle or conflict; conquer; defeat, to prevail over (opposition, a debility, temptations, etc.); surmount: to gain the victory; win; conquer. Do you believe these things about yourself? Take a moment and sit still with yourself. Do you believe that you have these qualities? It's so important that you believe what God says about you, because as you think in your heart, so are you. What you think about yourself is what you will experience. *For as he thinks in his heart, so is he.* Proverbs 23:7 NKJV Because you are a child of God, the victory is always yours. Everything you need for this life is within you. *as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue,* 2 Peter 1:3 NKJV Do you believe that you have everything you need to overcome in every situation? Do you believe the victory is yours and that you have what it takes to be victorious? If not, spend some time meditating on who you are in Christ until your heart is convinced of the truth!
- (2) Stay intimate with God** - So many times we try to receive the benefits God has for us without intimacy with Him, and it leads to so much frustration. Everything in God's Kingdom works through love (Galatians 5:6). God wants your heart. He wants to *know* you and become involved in every detail of your life. He wants to be that Friend that sticks closer than a brother (Proverbs 18:24). He wants to be the Father you've never had. All the blessings He desires for you come through this love relationship with Him. The Bible says that you are strengthened through your relationship with God. *In conclusion, be strong in the Lord [draw your strength from Him and be empowered through your union with Him] and in the power of His [boundless] might.* Ephesians 6:10 AMP The victory is yours in every situation. As you stay in connection and close intimacy with God, His desires, plans, and wisdom is imparted to your heart. The direction you need to walk in victory comes through relationship with Him. You can be of good cheer, He has already overcome what you are trying to overcome! *These things I have spoken to you, that in Me you may have peace. In the world you will have*

tribulation; but be of good cheer, I have overcome the world. John 16:33 NKJV Knowing how much God loves you is your strength, your superpower. It makes you an overcomer. - *Yet in all these things we are more than conquerors through Him who loved us.* Romans 8:37 NKJV Intimacy with God does not come through keeping rules or tradition, it comes through revelation of His love for you. When you know and receive His extravagant love in a real way, everything that the Kingdom of God has available for you is able to flow into your life, making you an overcomer in every situation.

(3) Believe what Jesus has done - *And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.* Revelation 12:11 The blood of the Lamb has caused us to overcome in this world. The blood of the Lamb has washed away all our sin and given us the very righteousness of God, the righteousness that causes us to rule and reign on the earth (Romans 5:17). Jesus has secured the victory through His death and resurrection. Many Christians don't even know this! Jesus has redeemed us from the curse of the law. *Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, "Cursed is everyone who hangs on a tree")*, Galatians 3:13 NKJV Everything bad you could think of is listed under the curse of the law in Deuteronomy 28. And Jesus has redeemed us from all these things! The curse of the law was for sinners, and because of God's forgiveness and free gift of righteousness, we no longer have to suffer under the punishment of sin. We are free! Jesus will always lead you into the victory he has obtained. He didn't die in vain. There is real victory for you through the cross. This is not just some religious saying. It is reality! *For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.* 1 Corinthians 1:18 NKJV *Now thanks be to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place.* 2 Corinthians 2:14 NKJV

(4) Act on the truth of the Word - It's not enough to mentally agree with what the Bible says. Plenty of people say that they believe what the Bible says, but when you look at their life you can clearly see what they actually believe. You have to let the truth of the Word of God take root in your heart to the point where it influences your actions. Then, when you really believe something, you will act in accordance with it and see God's will come to pass in your life. *But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.* James 1:22-25 NKJV Jesus told a story about two houses, or two people's

lives, that were built on two different foundations. One built on sand and another on rock. When the storms of life came, only the one who was built on the rock stood. Jesus compares this house built on the rock to the person who hears His sayings and *does them*. The person who built on sand also heard His sayings, but did not do them. This was the difference in the house standing or falling- whether or not they were *doers* of Jesus' sayings. *“Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: Matthew 7:24 NKJV*

(5) Use your authority - Not using our authority as Christians is probably the number one reason Christians aren't overcoming in life. If we allow the circumstances of life to have their way, we will be overcome by the evil of this world. The old saying *“whatever will be will be”* should NOT be the anthem of a spirit-filled believer. We are supposed to be taking dominion of the earth (Genesis 1:26), not just allowing anything to happen as it may. God wants us to bring His will to earth, just like it is in Heaven. *Your kingdom come. Your will be done on earth as it is in heaven. Matthew 6:10 NKJV* Jesus have given us the very authority of God to use on this earth. Don't just accept everything that happens in life. Use your authority to overcome evil. *Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you. Luke 10:19 NKJV* We are not without power- far from it. We have the power of God and the resources of Heaven within us. *And I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Matthew 16:19 NKJV*

(6) Stand in faith - Faith is a spiritual force given to us by God, and it is supernatural. By faith God created everything in existence (Hebrews 11:3). This same faith has been given to you. Faith *is* the victory that has overcome the world! *For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. 1 John 5:4 NKJV* The very faith of Jesus has been given to you in order to be an overcomer in this world. Without faith, overcoming would be impossible. *I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me. Galatians 2:20 NKJV* To be an overcomer, it requires standing on what God says no matter what. This is the premise of walking by faith. Faith does not back down, and when partnered with patience, doesn't give up until it sees what God says become a physical reality. It is so important to learn to walk by faith to see victory in your life, because the Bible says we live and walk by faith (Romans 1:17, 2 Corinthians 5:7). Faith is how we receive what God has provided for us.

(7) Forgive everyone - When you're offended, you're trapped and can be controlled by the enemy. We must let go of all offense and forgive everyone who has wronged us. Unforgiveness is a strategy of the enemy to stop you from being an overcomer. You can't overcome if you are bound by resentment. *Now whom you forgive anything, I also forgive. For if indeed I have forgiven anything, I have forgiven that one for your sakes in the presence of Christ, lest Satan should take advantage of us; for we are not ignorant of his devices.* 2 Corinthians 2:10-11 NKJV This verse is saying that if you hold on to unforgiveness, Satan can take advantage of you. If you are someone who is easily offended, you will be very easy prey for the enemy, and fall right into his trap. This is why we are constantly exhorted to walk in love. It is a protection against the enemy's plans. *Therefore be imitators of God as dear children. 2 And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.* Ephesians 5:1-2 NKJV Forgiving others is so important that when explaining to His disciples how to move mountains and be an overcomer, Jesus did not leave out the need to forgive all who had wronged them, all the time. This indicates that unforgiveness could hinder their ability to operate in faith effectively. *And whenever you stand praying, if you have anything against anyone, forgive him...* Mark 11:25 NKJV

1 John 5:4-5, *"⁴For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. ⁵Who is it that overcomes the world? Only the one who believes that Jesus is the Son of God."* Christians are overcomers and truly are to live victorious Christian lives every day, but let's be honest, there are many enemies along that way that daily steal our victory and sometimes defeat us. We know the saying we may win the war, yet lose the battle. We ultimately know that we win and will be victorious in the end, but it's the daily battles that defeat us and keep us from living the victorious and abundant life that Christ came to give us daily. This study is about finding victory in Jesus over those enemies that so often defeat it, and they can be numerous and varied.

Is worry a problem? Why? _____

The slogan of many Christians today is, **"why trust when you can worry?"** That slogan is not new – Christ, Himself, had to address the problem in the first century. Our minds are frequently weary with worry... our spirits are often weighted down. The resulting worry from yesterday's guilt adds to our anxiety over tomorrow's

uncertainties. We find ways to hide our worry from others. In fact, we give it other titles... “I’m concerned about...” “I am troubled by that...” “That really disturbs me...” “I’m just interested...” “I’m bothered by that...” etc., etc., etc. In the final analysis, however it’s usually plain old “worry”... anxiety, mental distress, fretting, wringing of hands, a lack of inner peace, and preoccupied agitation. Let’s first set our attention on Christ’s counsel, then look at a string of biblical worriers, and finally note four “P’s” to help us overcome and grow beyond our worrying.

GENERAL COMMENTS ABOUT WORRY

Ours has been called, “The Age of Anxiety.” People’s faces show it (taut, constricted, intense, we say they have “worry lines” What is that anyways?) People’s attitudes show it (disquieted, apprehensive, vexed). Relationships show it... there is distrust and alienation. There are the physical signs of worry: we call it hyper-tension (high blood pressure), ulcers, nervous breakdowns, and even heart disease is sometimes associated with anxiety and worry.

What are people worried about today? List some of the worries of people today.

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|----------------------------------|--|
| 1. <u>Daily provision</u> | 6. <u>Personal relationships (mate)</u> |
| 2. <u>Employment/Jobs</u> | 7. <u>Personal relationships (family, friends)</u> |
| 3. <u>The future</u> | 8. <u>Pleasing people</u> |
| 4. <u>Life and death</u> | 9. <u>Finances</u> |
| 5. <u>Health</u> | 10. <u>Witnessing</u> (<i>Luke 12:11, “Whey you are brought before the synagogues, rulers, and authorities, do not worry about how you will defend yourselves or what you will say.”</i>) |

3 Categories of Worry: Worry tends to fall within one of three categories

- 1. Worry about death/dying (personal death or demise of a loved one)**
- 2. Worry over guilt/shame (even over something confessed)**
- 3. Worry about daily problems (related to people, finances, possessions, education, vocation, etc.)**

The last category gnaws away at most every one of us in some way.

Worldly Advice Concerning “Worry”: The world is full of advice when it comes to “worry” and sometimes it may even sound “Christian” or like the right way to handle worry. The following are some of the ways the world says to handle worry... some of the advice we may sometimes give or receive.

1. **Don't worry... it's a waste of time; think positive!** – You know what I hate about this one is that sometimes the reality is there is not much to think positive about and this advice can sound very insensitive to what a person is going through.
2. **Don't worry... don't believe the situation is real; it's an illusion -**
3. **Don't worry... it may never happen** – Yet then again it might and it could! Doesn't help much really for a worrier!
4. **Don't worry... get control of yourself; you're in charge** – **Really!** We are really not in control or in charge of as much as we think we are. Many things are totally out of our control and that's the problem.
5. **Don't worry... buy enough insurance for every eventuality** – What is wrong with this advice? There are some things money can't buy.
6. **Don't worry... be happy; laugh your troubles away** – What is wrong with this advice?
7. **Don't worry... bite the bullet; you'll feel no pain** –
8. **Don't worry... if might get better, but it'll probably get worse** –
9. **Don't worry... get busy doing active things; it'll take your mind off of it** –
10. **Don't worry... have another drink, another pill; numb the pain and worry**
–
11. **Don't worry... go see your therapist** –
12. **Don't worry... it's all going to be over soon** –
13. **Don't worry... these circumstances are just the “cross” you have to bear** –
14. **Don't worry... it a sin; stop it! – I wish I could! Some people are hard-wired worriers -**

Reality is... we do worry! We all worry sometimes. We may not all be “big worriers” or “habitual worriers.” Some worry more than others, but we all have worries, cares and anxious moments. Christians worry? How do I grow despite and through worry?

Developing a Christian Attitude Toward “Worry”:

1. **Realize that worry is the opposite of faith** - As defined above, “worry” is contrary to the attitudes and activity that God would have Christians to be involved with. Dr. John MacArthur says, “Worry, by nature, is the product of a lack of faith and trust in God.” We need to come to the realization within our own minds that God does not desire for me to worry about a matter, but rather to commit it to Him.

(1) Worry fails to take God into account in the situation

(2) **Worry is a self-oriented assumption of responsibility** – That is what Jesus meant when we said, *“Who of you by worrying can add a single hour to his life?”* (Mt.6:27).

(3) **Worry is the opposite of faith** - *“Whatever is not from faith is sin”* according to **Romans 14:23**.

2. **Focus on God** - Rather than have a “divided mind” concerning the situation, we are to look to God in the midst of the situation.
3. **Pray about it** - Looking to God in prayer should be our response to worry. Such prayer should be done in faith. The result will be “peace” in place of bothersome, disquieting “worry”
4. **Keep a Christian perspective** - Remember that a Christian’s perspectives and responses to situations is to be different.

Different Christian Perspective in Worry:

- (1) **Christians do not seek to escape, withdraw or remove all problems.**
- (2) **Christians are not indifferent, apathetic, or unconcerned in situations**
- (3) **Christians know that “God causes all things to work together for good to those who love God, to those who called according to His purpose” (Rom. 8:28)**

2 Perspectives on Worry:

1. **A Biblical Perspective** – The word “worry,” as it appears in our English language, does not surface in the text of the King James Bible. However the concept does. To convey the thought, such words have been used as “anxiety,” “care,” “trouble,” “concern,” and “fret” or “fretting.” In the New American Standard Bible text of Matthew 6:25-34, the term “being anxious” has been employed to convey the thought of worry, and is used no less than six times. What does it mean to be anxious?
2. **A Practical Perspective** – To be anxious is to be “divided” or “distracted.” Literally the Greek words translated as “worry” (NIV) or “anxious” (NAS) in Matthew 6 is the Greek word “merimnao” and it means “to divide the mind” or “to have a divided mind.” In other words, your mind is distracted, weighted down, concerned, preoccupied with care... it’s divided by something or someone. The thought is that of being so mentally ill-at-ease that the individual is distracted. Such people cannot do what they are supposed to do... or want to do... because they are divided in their thinking. An excellent example of this is Martha in **Luke 10:38-42 (READ)**. What was Martha’s problem? She was

“worried” about everything that had to be done. Not the phrase in verse 40, “*But Martha was distracted by all the preparations that had to be made...*” Mental distraction – or worry – leads to agitation. Why? Because the person with the problem of worry is caught in the middle.

SPECIFIC ARGUMENTS AGAINST WORRY (Matthew 6:25-34)

READ: Matthew 6:25-34: Early in His ministry, Christ delivered a significant address that clarified His message and ministry. It stood as a sharp contrast to the predominant teachings of the religious pros of the day (the Pharisees). His conclusions about worry are as meaningful today as they were to His first-century listeners. Let’s summarize them.

5 Biblical Arguments Against Worry:

1. **Worry keep us from enjoying what we have (v.25)** – “... *Is not life more important than food, and the body more important than clothes?*” Worry focuses our attention on what we do not have, and undermines the enjoyment of what we already possess. It prompts us to assume responsibility that is not ours to handle.
2. **Worry makes us forget our worth (v.26)** – “... *Are you not much more valuable than they? (the birds who do not labor or spin)*” Worry makes us forget that God is not the heavenly Father of the bird... but the heavenly Father of man. It makes us feel forgotten and unimportant. If He will feed a bird (a lesser creature), He will feed us without fail.
3. **Worry is always completely useless (v.27)** – “*Who of you by worrying can add a single hour to his life?*” Christ was making reference to man’s inability to either add a year to his life, or to add an inch to his height. As a matter of fact, worry results in subtraction, not addition. It leads to a loss, not a gain.
4. **Worry erases the promises of God from your mind (vv.30-32)** – “... So do not, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ... your heavenly Father know that you need them.” What David learned, we tend to forget... he says it like this in Psalm 37:25, “*I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread.*” God’s love for man motivates Him to care for those who walk with Him. Nothing can separate the believer from that love. As Romans 8:38-39 says, “*For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*”
5. **Worry is characteristic of the heathen/pagan, not the Christian (v.32)** – “*For the pagans run after all these things (food, drink, clothing).*” When one excludes

God's personal involvement in his life, he has no one substantial on whom to lean. For all practical purposes, the worrier is alone and lives just as the one who lives without God in his or her life.

A WISE PSALM FOR WORRIERS (Psalm 37)

This psalm shares the wisdom of an old man, David, who had had much to worry with in his life time, but who had walked with the Lord as reflected in **verse 25, “I was young and now I am old, yet I have never seen the righteous forsaken...”** He had battled evil men and knew frustration of seeking the wicked prosper and the righteous suffer. As he reviewed the past, he gave some wise counsel to worriers... fretters both in his day in the days to come... our included. **(READ: Psalm 37:1-7)**

Notice the word “fret” that appears in verses 1, 7, 8. The word translated here as “fret” literally means “to heat oneself in vexation” or “to be vexed” (vexation – something or someone that causes anxiety or worry/vex – disturb the peace of mind of, divide the mind). This is the Hebrew word that is the equal of the Greek idea/word translated in Matthew 6 as “worry.” David is telling us he has learned in his old age and much living that there are some helps for worriers or fretters...

Wise Counsel for Worriers:

1. **Trust in the Lord (v.3)** – Listen if you walk by sight and not by faith you will find it easy to fret and worry. There is promise here in verse 3 for God's protection and safe keeping with we put our trust fully in Him.
2. **Delight yourself in the Lord (v.4)** – Find your joy and pleasure in His will. Make Him your delight, and your desires will be in His will. Living to please the Lord sets you free from fretting and worrying about whatever...
3. **Commit your way to the Lord (v.5)** – What does this do to worry? When you trust Him and delight in Him, how could you do anything other than commit your way to Him? Let God guide your steps, choose your joys, protect your name, bless your work.
4. **Rest in the Lord** – Restlessness is an evidence of unbelief and worry. Faith rests in the Lord and enjoys “the peace of God, which passes all understanding” (Phil 4:7). God sometimes waits in answering prayer so that He might strengthen our patience.

A TIMELY PRESCRIPTION FOR THE PROBLEM OF WORRY Four words help us translate this study into practice. Each one represents a discipline in which we need to engage if we are to grow through and beyond worry.

Prescription for the Problem of Worry:

1. **Presence** – Claim the presence of God in your life (Joshua 1:9, Isaiah 41:10, Matthew 28:20) *“Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go” –Joshua 1:9*
2. **Promises** – Get into the Word of God and learn of His assurances (Psalm 37:4-5, Proverbs 3:5-6, Isaiah 26:3-4) *“Delight yourself in the Lord and He will give you the desires of your heart. Commit your way to the Lord; trust in Him and He will do this.” –Psalm 37:4-5*
3. **Prayer** – Maintain communication with God, built around specifics (Psalm 55:22, Philippians 4:6-7, 1 Peter 5:7). Max Lucado says, “No one can pray and worry at the same time.” *“Cast your cares on the Lord and He will sustain you; He will never let the righteous fall.” –Psalm 55:22*
4. **Patience** – Don’t allow Satan to sell you short and steal the victory that could be yours (Psalm 27:14, Isaiah 40:31, Romans 8:25) *“Wait for the Lord; be strong and take heart and wait for the Lord.” –Psalm 27:14*

“Worry is like a rocking chair. It will give you something to do, but it won’t get you anywhere!” – Vance Havner