

SINGLE ALLIANCE

Overcoming the Problems of Life- Pt. 2

I. Introduction

A. Last week we started a series called “**Overcoming the Problems of Life**”

1. We talked about three keys in overcoming people problems last week- **Get the mind of Christ from the Word, praise and rejoice in God, and learn to listen.**

B. This week we will look at three more keys

II. Key #4- Prayer- Philippians 4:6-7

A. **Be anxious about nothing**

1. The word “anxiety” means to become distracted- Satan is the master at the diversion tactic. He wants you to get your focus off of God and His Word. Satan loves to use **people** to distract us and to get us to worry.

2. Fear is at the root of worry and anxiety. Fear was the first motivator of mankind to move away them from God in the garden- “I was afraid and hid myself” Fear is at the root of all religion. Fear is at the root of all addictions. We need to face our fears and come to God with our fears. When you are worried, you need to learn to ask- what am I afraid of! If we come to God with our fears and are honest with God about them, he will communicate to us His **power** [*sufficient to overcome what is against us*], **love** [*casts out fear*], and a **sound mind** [*keeps us from irrational behavior*].
2 Tim. 1:7

3. We are to be worried about nothing and no one! We are to be fearful about nothing because God’s power is stronger than anyone you are dealing with and His love is greater than anything they are trying to say or do! We need to go to God with all our worries and fears.

4. **1 Peter 5:7**

B. **But in everything-** both positive and negative

C. **By prayer and supplication**

1. Our first inclination we have when we are angry or offended with people is the wrong thing! Do not act out of anger, fear, and worry. You will mess up! Do not send that email before you have prayed!
2. **Prayer-** face to face communion with God
3. **Supplication-** definite requests

D. **With thanksgiving**

1. This is an expression of faith

E. **Let your requests be known to God**

1. Instead of letting everyone in the world know your problem, let God know your requests [*notice not just your problem!*]. We mess up when we take our people problems to other people. When you spread your discontent to others you are not focused on a godly **solution**. Also, they **can't help you!** They can only make you temporarily feel better! We need to make our requests for God's way of solving our people problems. Giving requests to God is giving God the problem. Many just want to gripe and walk away with the problem. Ladies you need to let God fix your problem, not just listen to you!

F. **And the peace of God**

1. Peace means to bring unity and wholeness to our emotions and mind. The peace of God let's us think clearly!

G. **Passes all understanding**

1. You will be amazed at how peaceful you are in bad situations.
2. God peace surpasses your own wisdom and understanding. God's peace is an active force that works for you.

H. **Shall keep your hearts and minds**

1. **Keep-** to mount a troop of soldiers around an entrance
2. We know the soldiers of peace are at their post when our heart is at rest and our mind is not grasping for solutions.

III. Key #5- Watch what you are thinking- Philippians 4:8

- A. God gives us eight tests for our thoughts. If they fail the tests the thought needs to be bounced out!
- B. We need to watch what we think about the people we are having problems with. We usually will focus on their negative traits. We need to find what is good about them and focus on that! You might think they are a buzzard but you can find at least one thing positive about them to focus and thank God for.
- C. Our thoughts need to pass the truth, honorable, right, pure, lovely, good report, virtue, praiseworthy tests!
- D. Many think it is too hard to screen their thoughts like this. That means they have an unrenewed mind!
- E. If we control our thoughts about people, then our actions will line up.

IV. Key #6- Do what God tells you to do

- A. Many just pray about things but never end up doing anything about their problems. We are called first to pray about our problems but then we are responsible for doing something about them according to God's direction.
- B. The things you have learned, received, heard, and seen **DO!**
- C. Many try to do before they first learn, receive, hear, and see! It takes four times the input to properly output the will of God. This is why we need to go to God in prayer!
- D. We need to learn, receive, hear, and see what God says about our problem and then we need to **JUST DO IT!**