

BATTLEFIELD OF THE MIND

07/17/05

WORRIED MIND

I. Intro

A. Last week Coralean talked about different states of mind-wandering, doubting, confused mind.

B. This week we will talk about a worried mind. I was scheduled to talk about more states but needed to use all the time for this one. We all deal with this.

C. The mind is the doorway to the heart. What your mind is set upon will affect the heart. Worry is serious not funny. Jesus did not think it was funny. He knew that worry affected the heart and His life and grace flows out of the heart. He repeatedly told them not to allow their heart to be troubled.

D. The enemy wants to distract our minds with the outward to keep us from renewing our mind and setting them on the inside-spiritual

II. Worry

A. Some people are addicted to worry. They are champion worriers.

B. The root of worry is unbelief.

C. You cannot worry and be in faith. You cannot worry and have peace. You cannot have joy and worry.

1. **(Rom 15:13 KJVR)** *Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.*

D. As we see in the verse above that what will stifle worry is not faith itself but hope. Worry has to do with the future. What will happen. Hope is a confident expectation of good in the future. Bible hope comes the same way faith does by hearing the Word.

E. Hope is based purely upon God's word

1. **(Eph 1:12 KJVR)** *That we should be to the praise of his glory, who first trusted (lit. hoped) in Christ.*

(Eph 1:13 KJVR) *In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that Holy Spirit of promise,*

2. The word trusted in Greek is hoped. Hope comes before believing. You must see in your heart and mind God's future and then faith can make it a reality. Hebrews 11:1

F. (Mat 6:25 KJVR) **Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?**

1. Take no thought- means stop being anxious. Greek word comes from merizo- to divide. Worry distracts your heart from the true meaning of life. Your life is bigger than what you are worrying about at the time.

2. Your life is bigger than food and drink and your body is greater than clothes. God created your life and body and thought through everything that would entail. He has planned for your life and body when he made them.

a. **Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? (Mat 6:25 KJVR)**

3. Worry will rob you of drawing on the true source of fulfillment- His life and power.

G. **Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof. (Mat 6:34 KJVR)**

You cannot experience God's grace to worry. Grace is always experienced in the now. God give grace for the moment, not for the future. There is no grace for yesterday and no grace for tomorrow. But grace for today- this moment. Worry deals with the future.

Worry will drain you and God will not give you grace to endure it.

H. Worry will have you dealing with the big picture and everything and every detail right now. You just need to focus on God and walk through your now.

I. Worry robs God of three things in your heart- His Love, His Power, His Wisdom. Worry says God does not care about you, His is powerless to do anything, and does not know what to do about your problem.

J. Refuse to get agitated in your heart. Cast all of your care upon him. They are sticky creatures so slam them!

III. How to stop

- A. It is fruitless to try to stop thinking about something! The harder you try to stop thinking the more you think about it.
- B. You must use the law of displacement. You must think about something else.
- C. Meditation on the word will produce hope and then faith.
- D. You must refuse vain imaginations- future scenarios.
- E. You can plan but when you get agitated stop!
- F. Stopping is an act of your faith- the devil says you are irresponsible or avoiding responsibility.
- G. Responsibility is now. What you do now. You need to be doing what you are supposed to do now. You do not have responsibility put on for tomorrow just today.
- H. If you just cannot worrying about something in the future you have not gone far enough in the future. You will be in heaven in a very short space of time. God sees you at his throne right now. He hath glorified you- Romans 8
- I. Cast your cares this morning upon God.
- J. Pray