

## OVERCOMING DIFFICULTIES - PART I HOW TO STOP WORRYING

Meditate on the following scriptures: promises from God's word regarding God's protection, provision and guidance. Personalize these promises (put YOUR NAME in each one), pray the prayer at the end, and BELIEVE that the Lord is taking care of whatever problem you have put in His hands. That is the answer for all forms of worry, anxiety, fear, depression or indecision.

### God's Guidance

**Proverbs 3:5-8** "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He shall DIRECT YOUR PATHS. Do not be wise in your own eyes; fear (reverence) the Lord and depart from evil. It shall be health to your body and refreshment to your bones."

**Exodus 23:20** "Behold, I send an angel before you, to keep you in the way, and to BRING YOU into the PLACE WHICH I HAVE PREPARED."

**Psalms 37:4-5 & 23-24** "Delight yourself also in the Lord, and He shall GIVE YOU the DESIRES of YOUR HEART. COMMIT your way to the Lord, TRUST also in Him, and He shall BRING IT TO PASS. The STEPS of a righteous man are ORDERED BY THE LORD, and He delights in his way. Though he fall, he shall not be utterly cast down; for the Lord upholds him with His hand."

**Psalms 32:8** "I will INSTRUCT you and TEACH you in the way which you should go; I will GUIDE you with My eye."

### God's Protection

**Psalms 91:2-7, 9-12 & 14-15** "I will say of the Lord, He is my REFUGE and my FORTRESS: my God, in Him will I trust. Surely He shall DELIVER you from the snare of the fowler, and from the deadly pestilence. He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler. YOU SHALL NOT BE AFRAID of the terror by night, nor of the arrow that flies by day, nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday. A thousand shall fall at your side, and ten thousand at your right hand, but IT SHALL NOT COME NEAR YOU." "Because you have made the Lord, who is my refuge, even the Most High, your habitation, NO EVIL SHALL BEFALL YOU, neither shall any plague come near your dwelling. For He shall give His angels charge over you, to KEEP you in all your ways. They shall bear you up in their hands, lest you dash your foot against a stone." "Because he has set his love upon Me, therefore I WILL DELIVER HIM; I will set him on high, because he has known My name. He shall call upon Me, and I WILL ANSWER HIM, I will be with him in trouble; I will DELIVER HIM, and honor him."

**Psalms 34:7 & 19-20** "The angel of the Lord encamps all around those that fear Him, and DELIVERS THEM. Many are the afflictions of the righteous; but THE LORD DELIVERS HIM OUT OF THEM ALL. He guards all his bones; not one of them is broken."

**Proverbs 1:33** "But whoever listens to Me will dwell SAFELY, and will be SECURE, WITHOUT FEAR OF EVIL."

**Psalms 34:4 & 6** "I sought the Lord, and He heard me, and DELIVERED ME from ALL MY FEARS. This poor man cried out, and the Lord heard him, and SAVED HIM OUT OF ALL HIS TROUBLES."

**Isaiah 54:15b & 17** "...whosoever shall gather together against you shall fall for your sake. No weapon that is formed against you shall prosper, and every tongue that shall rise against you in judgment you shall condemn. This is the heritage of the servants of the Lord, and 'their righteousness is of Me', says the Lord."

**Hebrews 13:5-6** "...He Himself has said, 'I will NEVER LEAVE YOU, nor FORSAKE YOU', so that we may boldly say, 'The Lord is my HELPER, and I will NOT FEAR what man shall do to me.'"

**II Chron. 16:9** "For the eyes of the Lord run to and fro throughout the whole earth, to SHOW HIMSELF STRONG in the behalf of them whose heart is completely His."

**John 10:10-11** "The thief comes not except to steal, and to kill, and to destroy: I am come that they might have LIFE, and that THEY MIGHT HAVE IT MORE ABUNDANTLY. I am the Good Shepherd; the Good Shepherd gives His life for the sheep."

## God's Provision

**Phil. 4:6-7 & 19** "Be ANXIOUS for nothing, but in everything by prayer and supplication WITH THANKSGIVING, let your REQUESTS BE MADE KNOWN TO GOD. And the PEACE OF GOD, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus." "But my God shall SUPPLY ALL YOUR NEEDS according to His riches in glory by Christ Jesus."

**Psalms 23:1** "The Lord is my shepherd; I shall NOT be IN NEED."

**Matthew 6:31-33** "Therefore, DO NOT WORRY, saying, 'What shall we eat?' or, 'What shall we drink?' or 'With what shall we clothe ourselves?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But SEEK FIRST the kingdom of God, and His righteousness, and ALL THESE THINGS shall be added unto you."

**Psalms 34:8-10** "O taste and see that the Lord is good: BLESSED is the man who trusts in Him! Oh, fear the Lord, you His saints; for there is NO WANT (LACK) to them that fear (reverence) Him. The young lions do lack, and suffer hunger, but THOSE who SEEK the LORD SHALL NOT LACK ANY GOOD THING."

**Psalms 84:11** "For the Lord God is a sun and shield, the Lord will give grace and glory: NO GOOD THING WILL HE WITHHOLD from them that walk uprightly."

**Romans 8:28** "And we know that ALL things work together for GOOD to those who love God, to those who are called according to His purpose."

**I Peter 5:5-7** "God resists the proud, but gives grace to the humble. Humble yourselves, therefore, under the mighty hand of God, that He may exalt you **at the proper time** (in due time), casting ALL your care (worry, anxiety, fear) upon Him, because He cares for you."

## PRAYER FOR TRUSTING IN GOD INSTEAD OF WORRYING

Heavenly Father, You already know what I have need of, but Your word says **MY PART is to TRUST YOU WITH ALL MY HEART** in this situation, LET MY REQUESTS BE MADE KNOWN TO YOU, and to CAST (THROW) ALL **MY BURDEN OF WORRY & ANXIETY** about it onto You. I do that now, Lord: I commit \_\_\_\_\_

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You right now (today's date) \_\_\_\_\_, and I believe that **You are working out ALL these circumstances FOR MY GOOD.** It's Your problem, now, Lord, not mine. I humble myself before You, Lord, and wait on YOUR TIMING. I DO NOT LEAN (RELY) ON MY OWN UNDERSTANDING (wondering HOW You will work it out, or trying to tell You how to do it), but I **wait patiently for You to BRING IT TO PASS.**

**I THANK YOU AND PRAISE YOU, LORD,** that You are working it out, and I RECEIVE THE PEACE OF GOD to guard my heart and my mind (thoughts and emotions) in Christ Jesus. If anxious thoughts come to me (if I am TEMPTED TO WORRY and DOUBT), I will stand against that temptation just as I would any other TEMPTATION TO SIN. **Worry IS a sin,** because it means I am NOT TRUSTING You. Thank You, Lord, for Your LOVE, and CARE and PROTECTION that **You GIVE ME every day!**

### WHAT TO DO WHILE YOU ARE WAITING

**DO NOT KEEP ASKING for the SAME THINGS** - Instead, **CONFESS that God's blessings are COMING upon you. GIVE HIM THANKS for the answer you know by faith is coming.** Phil. 4:6-7 "Be ANXIOUS for nothing, but in everything by prayer and supplication **with THANKSGIVING,** let your REQUESTS BE MADE KNOWN TO GOD. And the PEACE OF GOD, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus." Repeat the prayer above, because it is a **prayer of RELEASING your anxiety to Him,** and it is a **prayer of praise and thanksgiving - it is a PRAYER of FAITH.** Some will say, "My faith is weak." Faith is like a muscle - it gets flabby and weak if you don't use it. You must EXERCISE your faith by believing that God has heard you and is answering your prayer (Hebrews 11:6, Mark 11:24). It doesn't take great faith to believe in a God who never fails (Luke 18:27, Mark 10:27, Luke 1:37). Mark 11:22 "Have faith in God." **Fear is the opposite of faith.** Do not have fear, but have complete trust without doubt, and commit it all into His loving care. James 1:6-8 "But let him ASK IN FAITH, nothing wavering (doubting). For he that wavers is like a wave of the sea driven with the wind and tossed. FOR LET NOT THAT MAN THINK THAT HE SHALL RECEIVE ANYTHING of the Lord. A double-minded man is unstable in all his ways." So, **WORK on your ATTITUDE and ASK for the faith,** trust, and patience to put everything in God's hands and **leave the results up to Him.** Don't try to tell God HOW YOU think He ought to answer your prayer. You can put it all in God's hands because He loves you and wants what is best for you. If you keep on insisting that God answer your prayers YOUR WAY and on YOUR SCHEDULE or timing, that is really a form of PRIDE! I Peter 5:5-7 "**God resists the proud**" (see scriptures above).

### QUESTION - Is worry a sin?

**ANSWER:** Yes, worry is a sin, because God tells us NOT to worry or be anxious about ANYTHING. Therefore, if you continue to worry and be anxious or fearful, you are disobeying God. Phil. 4:6-7 "Be ANXIOUS for nothing, but in everything by prayer and supplication with thanksgiving, let your REQUESTS be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus." **You must RELEASE your anxiety to the Lord,** let Him know your needs in prayer, and then praise and give Him thanks - **that is a PRAYER of FAITH.** I Peter 5:7 calls it "casting all your cares on the Lord." Some will say, "My faith is weak." Faith is like a muscle - it gets flabby and weak if you don't use it. You must EXERCISE your faith by believing that God has heard you and is answering your prayer (Hebrews 11:6, Mark 11:24). It doesn't take great faith to believe in a God who never fails (Luke 18:27, Mark 10:27, Luke 1:37). Mark 11:22 "Have faith in God." **Fear and worry is the opposite of faith.** James 1:6-8 "But let him ASK IN FAITH, nothing wavering

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