

## No More Worries

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### Scripture References

Matthew 6:25-33

Hebrews 4:3-11

John 6:28, 29

John 6:28, 29, *NLT*

Isaiah 54:17

1 Peter 5:7

Psalms 55:22

Matthew 11:28, 29

Matthew 11:28-30, *MSG*

### Summary

*At any given time, we have all faced the temptation to worry about something. However, Christians who know their God confront this emotion differently than the world. Worrying stems from focusing on the wrong things in life. Anxiety arises when we get too wrapped up in material possessions instead of in our faith in God, who supplies us with everything we need. We must not allow momentary circumstances to affect how we feel. We know our faith is real when we have peace of mind and rest from worries. Worry is fear-based; when we are absolutely sure and confident about the promises of God, we find rest.*

#### **A. We do not have to worry or fret about basic necessities. God will take care of our needs.**

1. 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? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you (Matthew 6:25-33).
  - a. As believers, we are too blessed to be stressed.
  - b. Life is more than just material, physical things; we must not get caught up in defining it in these terms. Life is a sum total of who we spend it with.
  - c. "Little faith" does not pertain to the size of our faith, but rather to the failure of our faith to endure.
  - d. There are some things we worry about that we must simply let go of.
2. For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world (Hebrews 4:3).

- a. It is important to know the difference between real belief and simply saying something that has not happened yet.
- b. Worry is based in fear; fear stems from doubt.
- c. Rest from worry is the true test of our faith; this authenticates what we say we believe.
- 3. Then said they unto him, What shall we do, that we might work the works of God? Jesus answered and said unto them, This is the work of God, that ye believe on him whom he hath sent (John 6:28, 29).
  - a. Most people think they must work to get God to do something for them. Work *is* involved, but it is working to believe God apart from self-efforts.
  - b. Worry arises from trusting in what we do to make things happen.
- 4. They replied, "We want to perform God's works, too. What should we do?" Jesus told them, "This is the only work God wants from you: Believe in the one he has sent" (John 6:28, 29, *NLT*).
  - a. This is the only work God wants from us. The work comes when we must fight to stay at rest.

**B. Doubt is based in fear. However, having total faith in God's promises erases all fear.**

- 1. For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world. For he spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works. And in this place again, If they shall enter into my rest. Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of unbelief (Hebrews 4:3-6).
  - a. Only when we are at rest will the finished works of Jesus Christ show up in our lives.
  - b. The number one fear that Satan uses against us is the fear that what God promised us will not come to pass.
  - c. Fear tolerated is faith contaminated; fear can cause us to panic over something that has not even happened yet.
  - d. Worry is negative meditation on the wrong thing; it comes about when we entertain thoughts that contradict God's Word.
- 2. Again, he limiteth a certain day, saying in David, To day, after so long a time; as it is said, To day if ye will hear his voice, harden not your hearts. For if Jesus had given them rest, then would he not afterward have spoken of another day. There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his. Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief (Hebrews 4:7-11).
  - a. We begin finding peace when we learn how to love and accept ourselves just as we are. This insulates us against others' criticism and judgment, because we no longer care what others say or think about us.
  - b. We do not have to compare ourselves to others; we can embrace our authentic selves the way God made us.
  - c. To be at rest is a powerful posture for a Christian; it is the highest kind of faith there is.
  - d. Jesus did most of His miracles on the Sabbath. *We* were created to work better out of rest than out of stress.
  - e. Sometimes remaining at rest involves finding a Scripture that contradicts negative speech and contemplating it. In this way, we take authority over those words.

- f. No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn... (Isaiah 54:17).
- 3. We must learn to let go of whatever care or burden we are carrying. Worry is a strategy the enemy designed to wear us down and destroy us.
  - a. Casting all your care upon him; for he careth for you (1 Peter 5:7).
  - b. Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved (Psalm 55:22).
- 4. Jesus is our Sabbath; He provides rest for our souls. Our souls are where our minds, our wills, and our emotions reside.
  - a. Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls (Matthew 11:28, 29).
  - b. "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly" (Matthew 11:28-30, *MSG*).

Category: spiritual growth

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