

God's Promises and Worry

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Introduction: What does it really mean to trust God?

- A. It takes time to understand that we serve a God who sees, hears and knows everything in our lives. **(Heb 11:6)**
 - 1. More importantly, I need to know that God cares for me!
 - 2. This is an area we must not stop growing in our understanding.
- B. Worry and fear about the unknown is a mighty struggle for the child of God.
 - 1. An honest and knowledgeable man knows the uncertainty of life.
 - 2. We witnessed a beautiful wedding yesterday. What worries preceded and what worries will follow this day?
 - 3. One of my thoughts on that day was God answers prayer!
 - 4. How can we better find peace in our lives through knowledge of the character and of the promises of God? **(1 Pt 5:7)**

I. God gives us solid promises about His place in our lives

- A. Abraham knew God and His promises and built his life on that foundation.
 - 1. He knew that he didn't know the future but he knew who did!
 - 2. Abraham at times let fear overtake him. **(Gen 20:10-11)**
 - 3. There are many times God lets us fight to overcome our fears.
 - 4. Why was Abraham willing to offer Isaac? His faith had grown to the point where he knew God's promises are true.
 - 5. He knew that God will make it happen! **(Heb 11:17-19; Rom 4:21)**
- B. God wanted Isaac to understand His promises.
 - 1. Look at the gauntlet God let Isaac go through.
 - 2. A famine occurred like in the days of Abraham. **(Gen 26:1)**
 - 3. Isaac let fear overcome him just as his father did. **(Gen 26:9-10)**
 - 4. Isaac was having a very difficult time will digging wells for his flocks and faced difficult people who opposed him. **(Gen 26:14-15, 20-22)**
 - 5. Have you ever wondered why these things happen? Have you at time become very anxious for your future?
 - 6. God gives Isaac this great promise! He also connects this promise with what *He had already done* with Abraham! **(Gen 26:24)**

II. The torment of fear and worry

- A. This is a real test of faith to be able to find God's peace. **(Mt 6:30-32)**
 - 1. Jesus rightly makes this a test of our faith. How does this work?
 - 2. Jesus points out God's promised care for us and what He does with grass and sparrows. Step one – logically see these truths.
 - 3. The next step is to let go and give those things to God which He has promised to do. This can be enormously difficult.

4. We must win the battle of the mind and how we think. This is why we meditate on the scriptures and look back and see how God has worked with others! **(Rom 15:4-5)**
- B. What should we give to God?
1. This requires that we know God's promises. There are things that God will not do for us.
 2. The Bible indicates that there is a wisdom that we must seek that will help us live this life. We are right to seek foresight and wisdom. **(Prov 1:7-10)**
 3. What burdens has God promised to take? This is the key to living an abundant life. **(Mt 11:28-30)**

III. Winning the battle for the heart and mind

- A. Consider how we ought to handle common worries.
1. I should see what God does and what I am to do. **(1 Cor 3:5-7)**
 2. Understanding and then letting go is the action of faith. Can we stop the mind from all of the "What ifs?" This is hard.
- B. What about those who are unfairly critical or even may do me harm?
1. You cannot change another person against their will.
 2. We can show the love of God towards them. Can you let God handle this situation? **(Rom 12:17-21)**
 3. Sometimes godly mothers worry about how others may see and think about their children. We need to reassure every Christian of our love.
- C. What about paying the bills and keeping a good job? **(Heb 13:5-6)**
1. This can be a terrible torment and even a self-debasing thought process.
 2. Our God will provide for what we truly need. Losing things may well be a great blessing. **(1 Tim 6:6-9)**
 3. We need to be generous to those in need.

IV. We need repetition of God's promises and constant prayer to find peace

- A. We would do well to often repeat what Jesus often repeated to His hearers. **(Lk 12:6-7, 32; Jn 14:27)**
1. When the mind will not let go the repeating the promises of God helps.
 2. Often I concentrate on thanksgiving for all that God *has done* for me!
 3. 95% of our worries will never happen. 100% of God's promises will!
- B. We need to pray often and at length. **(James 1:5-8)**
1. I may need to be asking forgiveness for taking the burned back that I had just given to God!
 2. Praying to be used to help others is another way to find God's yoke.

Conclusion: Let us use the key of faith in God's promises to free us from the self-made prison of fear and worry. **(Deut 31:6-8)**