

The Messenger



“... How beautiful are the feet of those who bring glad tidings of good things!” Romans 10:15

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Evangelist and Editor:
Dempsey Collins

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Overcoming Worry

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How to Overcome Worry

1. *Make up your mind you are going to conquer it.* One little girl explained why she was happy today, and not on another given day, by saying, “Today I pushed my thoughts around, and the other day I let my thoughts push me around.” Abraham Lincoln said, “I have been about as happy as I have made up my mind to be.”
2. *Form the right relationship with God and man.* Paul enjoined the Philippians to “be careful (anxious) for nothing” (Phil. 4:6). But, in vs. 1 of the chapter he had exhorted the brethren to “stand fast in the Lord” (the right relationship with the Lord); and, in vs. 2, he had exhorted two of the members to “be of the same mind” (the right relationship with others). The man who has the calm assurance that all is right with God and that he is not “at outs” with any of his fellowmen usually has few worries.
3. *Develop the right attitude of mind.* First, look for the silver lining. Count your blessings. Do not concentrate on the little black dot on the sheet of paper to the neglect of seeing all of the white that remains. Secondly, do not manufacture problems and troubles. Ulcers are things that people get from mountain climbing over molehills. Worry has been defined as an old man with bended head, carrying a load of feathers which he thinks are lead.
4. *Do what you can and turn the rest over to God.* If you are worried over the fact that you are hampered in life due to a lack of education, then do what you can to correct the situation and leave the rest to God. If you are worried over having stolen some item many years ago, do your best to make restitution and leave the remainder of the consequences to God. “Do your best, and leave God the rest,” is a good motto.
5. *Live one day at a time.* (Matt. 6:11,34; Deut. 33:25) Yesterday is buried and tomorrow is unborn. So, live nobly today. In fact, the best way to prepare for tomorrow is to fulfill the duties of today.

6. *Cultivate a faith and realistic trust in God and His promises.* (Isa. 26:3; Matt. 6:30) Faith is the great antidote to care. “In God We Trust” needs to be indelibly written on the tablets of our hearts as well as inscribed on our coins. Like Paul, we must come to say, “I believe God, that it shall be even as it was told me” (Acts 27:25). Some of God’s exceedingly great and precious promises (2 Pet. 1:4), are to be found in Rom. 8:28, 32; Matt. 11:28-30; Phil. 4:19; Eph. 3:20; Ps. 46:1-2; 84:11; 1 Pet. 5:7; and Heb. 13:5-6. Now, why not mark each one of these promises in your Bible and then begin to observe their fulfillment in your life. Subsequently, you will be able, as one elderly man did, to go back to each one of them and write in the margin of your Bible “proved”.
7. *Engage in purposeful work.* Even in Eden, God saw the need for employment to insure man’s happiness (Gen. 2:15). In the happy home of the soul, God’s servants will serve Him (Rev. 22:3). God wants man employed (2 Thess. 3:10; Eph. 4:28; 1 Tim. 5:8, 13, 14). He was a wise man who said that he had no time for worry, for in the daytime he was too busy and at night he was too sleepy.
8. *Transfer your care to more worthy objects.* Make the church and brethren the chief object of your care and concern (Matt. 6:24-33, esp. 33; 2 Cor. 11:28).
9. *Live your life free from a sense of guilt and shame.* To do this, never violate your conscience (Acts 23:1; 24:16; 1 Jn. 3:20-21). Avoid secret sin (Psa. 19:12). Jesus possessed inner peace because Jesus was infinitely good. Contrastingly, the wicked have no peace (Isa. 48:22). To free yourself from the haunting guilt of sins of the past or present you must practice **the four R’s: Repentance** (Acts 8:22), **Restitution** (Luke 19:8), **Reformation** (Rom. 6:4), and **Rejoicing** (Psa. 51:12). For example, if you have stolen some money, repent of it, return it, from now on practice honesty, and rejoice in the assurance of your assurance of your divine forgiveness. If you are living in adultery, repent of it, put away your unlawful companion (Matt. 14:4), live a life of moral uprightness and purity the rest of your days upon the earth, and rejoice in the fact of your consequent forgiveness.
10. *Take it to the Lord in prayer.* (Psa. 55:22; 1 Pet. 5:7) As the area of prayer advances that of care recedes. “An eagle soaring in the upper air does not have to worry about how it will cross rivers.” In Phil. 4:6-7, “be anxious” is in the present tense in the Greek, indicating action and progress at the present time. Also, observe the word “nothing” in the text. Thus, Paul is saying, “Stop continually worrying about even one little thing.” Yes, it is a sin to worry about anything. As Hezekiah took the threatening letter of Sennacherib and spread it out before the Lord (2 Kings 19:14), we ought to cultivate the practice of taking matters, small or great, and spreading them out before the Lord in prayer. In so doing, the peace of God “shall keep” our hearts. “Shall keep” is a military term suggesting that God will send His peace which, as a garrison, will stand guard over our hearts, preventing the intrusion of anxious fears and alarms which, like enemies, seek to destroy us.

Conclusion

Here is a good memory test: What were you worrying about a year ago today?

News and Notes: Remember to check the prayer list for those with ongoing spiritual weaknesses and physical illnesses.

“...Pray for one another...The effectual fervent prayer of a righteous man availeth much.” James 5:16