**DO NOT WORRY**

**Psalms 55:1-7, 22**

**1 Give ear to my prayer, O God; and hide not thyself from my supplication.**

[**2**](https://www.kingjamesbibleonline.org/Psalms-55-2/) **Attend unto me, and hear me: I mourn in my complaint, and make a noise;**

[**3**](https://www.kingjamesbibleonline.org/Psalms-55-3/) **Because of the voice of the enemy, because of the oppression of the wicked: for they cast iniquity upon me, and in wrath they hate me.**

[**4**](https://www.kingjamesbibleonline.org/Psalms-55-4/) **My heart is sore pained within me: and the terrors of death are fallen upon me.**

[**5**](https://www.kingjamesbibleonline.org/Psalms-55-5/) **Fearfulness and trembling are come upon me, and horror hath overwhelmed me.**

[**6**](https://www.kingjamesbibleonline.org/Psalms-55-6/) **And I said, Oh that I had wings like a dove! *for then* would I fly away, and be at rest.**

[**7**](https://www.kingjamesbibleonline.org/Psalms-55-7/) **Lo, *then* would I wander far off, *and* remain in the wilderness. Selah.**

[**22**](https://www.kingjamesbibleonline.org/Psalms-55-22/) **Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.**

**INTRO:Illustration: Preacher R.C. Trench, had a morbid fear of becoming paralyzed. One evening at a party, the lady he sat next to at dinner heard him muttering mournfully to himself, “It’s happened at last…total insensibility of my right limb.” “Sir,” said the lady, “it may comfort you to learn that it is my leg you are pinching!”**

**\*\*In our text, the Psalmist said his heart was sore with pain; he was fearful and trembling, and was living in horror. He just wished he could take wings like a dove and fly off somewhere!**

**\*\*The psalmist was very worried when he began his pray, but in verse 22 he decided to cast his burn upon the Lord and believe that God would not allow the righteous to be moved. By the end of verse 23, he decided to trust in the Lord!**

**\*\*Someone said, “W*orry is like a rocking chair, it keeps you busy, but it doesn't get you anywhere*!”**

**Illustration: One elderly lady said, “*I always feel bad when I feel good, for I know that I’ll feel bad after awhile!*”**

[**Proverbs 12:25**](https://www.kingjamesbibleonline.org/Proverbs-12-25/)**- Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.**

**\*\*If worry is eating you alive and is destroying your physical and spiritual life, I want to help you defeat its power. I want to give you a good word to make your heart glad!**

**\*\*It starts off real simple! Cast your burden upon the Lord, and Do Not Worry.**

**Philippians 4:6-7 6**[**Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.**](https://www.kingjamesbibleonline.org/Philippians-4-6/)

**7**[**And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.**](https://www.kingjamesbibleonline.org/Philippians-4-7/)

**I. GOD’S WORD ABOUT PROBLEMS**

 **Philippians 4:6a Be careful for nothing:**

 **A. A Caution To Observe**

 **1. Problems are Tangible.**

**\*\*Nowhere does the Bible ever attempt to downplay the existence of problems. In fact, it tells us quite plainly that problems will stalk us as long as we live in this world.**

 **2. Problems are Tearful.**

 **a. Problems hurt. (Emotionally it hurts.)**

 **b. Problems hinder. (Spiritually it hinders)**

 **B. A Command To Obey**

**\*\*The phrase “*be careful for nothing*” literally means “*Do not worry about anything!*” You need to understand that.**

**\*\*Worry means, “*a troubled state of mind resulting from concern about current or potential difficulties*.”**

**\*\*It comes from an Old English word that means “*to strangle*”. Worry will choke and strangle the life right out of you – physically and spiritually.**

 **Illustration:**

 **“*Worry is the interest paid on trouble before it falls due.*”**

 **“*Worry is the interest we pay on tomorrow's troubles.*”**

 **“*Worry* *pulls tomorrow's cloud over today's sunshine.*”**

 **“*Worry gives a small thing a big shadow*.”**

 **Romans 14:23 . . . for whatsoever is not of faith is sin.**

 **\*\*Worry calls God a liar; it doubts His ability to meet your need, and it says “God is dead!”**

 **\*\*Why should Christians not worry? Because God knows what you have faced, are facing and will face. God cares about what you face in life. God has promised to take care of you.**

 **\*\*We need to obey the Lord and not worry.**

**II. GOD’S WORD ABOUT PRAYER**

**Philippians 4:6b . . . but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.**

**\*\*If we shouldn’t worry, then what should we do? We should pray!**

 **A. The Act Of Prayer**

**\*\*We’re told to pray, and Paul used three key words in this scripture for us to learn from: prayer, supplication, and requests.**

 **1. Pray**

**\*\*Troubles, Sorrows, and Worries cannot follow you to . .**

 **a. The Hallowed Place of Prayer**

**\*\*Prayer is a sacred place, and worries cannot go there.**

 **b. The Heavenly Place of Prayer**

**\*\*When you decide to step out of the weakness of worry and into the world of the heavenly, worries cannot go there! Troubles cannot go there! Sorrows cannot go there!**

 **c. The Hallelujah Place of Prayer**

**\*\*Prayer is a place you can worship, and you cannot worship and worry at the same time!**

 **2. Petition**

 **a. Praying Powerfully**

**\*\*It is not a flippant prayer, but it is a fervent prayer of a righteous man is what will availeth much!**

 **b. Praying Passionately**

**\*\*No one can pray passionately about your problems like you can because no one is affected by your problems like you are. The problem with most is they have lost their passion in their praying!**

 **c. Praying Personally**

**\*\*God wants His children to pray personally about the things that moves their hearts personally!**

 **3. Plea**

 **a. Make Sincere Requests to the Lord**

 **b. Make Specific Requests to the Lord**

**\*\*Do not pray in generalities, but approach God with specific needs.**

 **B. The Atmosphere Of Prayer**

**\*\*Philippians 4:6b says to pray about everything. Big things and little things alike are to be the subjects of our prayer lives.**

**\*\*Nothing is too big for God and nothing is too small for Him either.**

 **C. The Attitude Of Prayer**

**\*\*Pray with “*thanksgiving*”. Be thankful that we have a God Who cares about us; Who hears us; Who loves us and Who has promised to answer our prayers.**

**III. GOD’S WORD ABOUT PROMISES**

**Philippians 4:7 [And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.](http://www.kingjamesbibleonline.org/Philippians-4-7/%22%20%5Co%20%22View%20more%20translations%20of%20Philippians%204%3A7)**

**\*\*God said that there are some promises for us if we will no longer let worry be our master. Are you interested to know what they are?**

 **A. God Promises Us His Peace**

**\*\*This kind of peace “*passeth all understanding*”. In other words, it is “*a mind blowing experience*.”**

 **1. It’s a calm peace even in the darkness of life.**

 **2. It’s a calm peace even in the disturbances of life.**

 **3. It’s a calm peace even in the difficulties of life.**

 **4. It’s a calm peace even in the diseases of life.**

**\*\*It is God’s gift to those who will trust in Him “*in everything*”. It is a peace that is divine in origin. It is a peace that cannot waiver, that cannot be shaken and that cannot be destroyed. Job had this kind of peace. Daniel had this kind of peace. The 3 Hebrew boys had this kind of peace. David had this kind of peace. You can have this kind of peace!**

 **B. God Promises Us His Preservation**

**\*\*We are told that God’s peace will “keep your hearts and minds.” The word, “keep” means “to stand guard.” Paul wrote this while he had two guards standing over him and guarding him!**

 **1. God’s peace keeps our Hearts.**

**\*\*Our hearts is where emotions and feelings are harbored.**

**\*\*When we trust God, He will guard our hearts and protect our hearts from having the wrong feelings and the wrong emotions.**

**\*\*He puts peace in our hearts in place of the worry and fear. His peace and His guardianship is why we do not have the spirit of fear.**

 **2. God’s peace keeps our Heads.**

**\*\*Our heads is where we get the wrong thoughts in our minds. When we trust God, He will guard our heads (our minds) and protect our minds from the wrong thoughts.**

**\*\*When problems arise in my life, I need God’s protection over my heart so I don’t harbor the wrong feelings or emotions and over my head so my mind doesn’t host the wrong thinking.**

**CLOSE**

**Illustration: In the early days of aviation, a pilot was making a 4 ½ hour flight. After 2 hours in the air, he heard a gnawing noise, and he looked back through the plane and saw the tale of a squirrel that had come on board. The squirrel had climbed on board while the plane was on the ground, and he was afraid it was chewing on a vital cable that controlled the plane. He had no place to land. He did not have an auto-pilot control, and he was 2 ½ hours from his destination. What was he going to do?**

 **Then he remembered that a squirrel is an animal, and was not made for high altitudes. So he began to climb higher and higher until finally the the gnawing stopped because the squirrel had died.**

**The Application: Worry is like that little squirrel being in your heart and in your head. If you leave it alone, it will eat away at your joy, power, and energy until it destroys your life. But this little squirrel of worry cannot live in the secret place of the Most High! It cannot breathe and live in an atmosphere of prayer and in the altitudes of God’s word. Worry dies when we take it to the highest place you can take it which is where the Lord is. Today you can take your worry on the airplane of prayer and God’s word right to the throne of grace! So what do you need to carry up to the Lord right now?**