**Lesson: Don’t Worry**

Have you ever experienced a catastrophe, illness, loss, problem, or dilemma and somebody told you, “Don’t worry”? You probably cannot count the number of times this has happened. Maybe you replied to them, “That’s easy for you to say.” Well, that is exactly what God has said multiple times in His Word, and if you believe Him and trust in His promises, you have nothing to fear. In other words, don’t worry because God is in control. Acknowledge this, even when it seems the entire world is out of control, and you will find comfort in the face of adversity.

* GEN 15:1 ~ God told Abraham, “Don’t be afraid, because I will be your shield, and I will reward you for your faith.”
* DEU 31:6 ~ Be strong and courageous, do not worry or be afraid; for the Lord your God is with you. He will never fail you or forsake you.
* PSA 31:19 ~ How great is your goodness, Lord, which you have given to those who fear you and trust in you before all others.
* PSA 37:7 ~ Find solace in the Lord and wait patiently for Him. Don’t worry about evil people who prosper.
* MAT 6:25–34 ~ Jesus taught, “Don’t worry about your life, what you will eat or drink, or what you will wear. Isn’t there more to life than food and clothing? Look at the birds; they don’t sow or reap, or gather food into the barn, yet our heavenly Father feeds them. Aren’t people more important than birds? Consider the lilies of the field, they grow just fine yet they don’t work; however, King Solomon in his glory was not clothed in such beauty. If God cares for the birds and the flowers, will He not care for you even more? Therefore, don’t worry about things such as food and clothing, for your heavenly Father knows you need these things. Instead, seek first the kingdom of God and His righteousness, and everything else you need will be yours. Don’t be anxious about tomorrow, because tomorrow will take care of itself. Each day has enough problems to face without adding more.”
* MAT 11:28 ~ Jesus said, “Come to me all of you who labor or are heavy laden and I will give you rest.”
* LUK 12:11–12 ~ Jesus said, “When they bring you before the authorities don’t worry about what to say or do, for the Holy Spirit will provide the information when you need it.”
* PHP 4:6–8 ~ Don’t worry about anything, but pray for everything with thanksgiving, humbleness, and eagerness. Focus your mind on things that are true, honest, just, pure, lovely, admirable, virtuous, and praiseworthy.
* 2 TI 1:7 ~ God has not given us the spirit of fear, but of power, love, and a sound mind.

Those who do not believe in God or trust in His promises have much to fear. And this kind of fear will dominate their lives. They will suffer from anxiety, depression, paranoia, and other mental problems; they may take numerous medications to offset their suffering but it will not go away until they bring their troubles to the Lord. If they do not come to the Lord for guidance, their problems will be compounded.

* PSA 5:11 ~ Let all who trust in God rejoice and sing for joy, for God will defend them; and those that love God will exalt in Him.
* PSA 23:4 ~ Even when I walk through the valley of the shadow of death, I will not be afraid of any evil, for God will be with me to comfort me.
* PSA 37:4–5 ~ Find your delight in the Lord and He will give to you the desires of your heart. Commit yourself to the Lord and trust in Him, and He will make your desires come to pass.
* PRO 1:7,33 ~ The fear of the Lord is the beginning of knowledge; but fools despise knowledge and wisdom. Those who seek God will be safe and sound from the fear of evil.
* PRO 3:5–8 ~ Trust in the Lord with all your heart; do not rely on your own understanding. Acknowledge God in everything you do, and He will direct you in your ways. Do not consider yourself wise, but fear the Lord, refrain from evil, and you will be healthy and strong.
* PRO 29:25 ~ The fear of man is a trap; but those who trust in the Lord will be safe.
* ISA 33:14 ~ Sinners are afraid; fear surprises the hypocrites. Who among you will live in the devouring fire and burn?
* MAT 10:28 ~ Jesus said, “Don’t fear those who can kill the body but cannot kill the soul. Rather, fear Him who can destroy both your body and soul in hell.”
* ROM 13:4 ~ If you do what is evil, be afraid, for God’s minister will not bear the sword in vain, because he is sent to execute wrath upon those who do evil.
* EPH 1:5,11,13–14,18 ~ We were predestined to become adopted children of God by Jesus Christ, according to His marvelous will. In Christ we obtain an inheritance in heaven, because we listen to the truth and trust in Him for our redemption and salvation. I hope your eyes will be opened and you will become enlightened, and you will feel the hope of His promise, and experience the glory of the inheritance of the saints.

Worry and anxiety are incompatible with peace and joy, which can defeat worry and anxiety. Simply put, the positive thought overpowers the negative thought. If you focus on the world, you will observe a great deal of negativity. If you focus on Jesus Christ, you will observe positive and uplifting things. It is your choice, what you think, say, and do and whether they are positive or negative. Stay connected to the Holy Spirit and He will continuously calibrate your moral compass pointing you in a direction that leads to the Kingdom of God.

We must act on our faith and trust in the Lord, for they are useless if you do not respond to them. For example, if you trust that God will forgive you, you must try to quit whatever you are doing that would offend Him. If you do not try to improve, then you cannot be sincere in your belief or your repentance. Further, if you know the truth that sets people free, you should be willing to tell the truth so others can be freed, especially from their sin. Above all, love others and be kind, generous, and unselfish with that love, for love fulfills all laws (ROM 13:10). Yes, we will have our doubts from time to time, but this should be a reminder that God is with you and His Spirit will comfort and sustain you.

* DEU 28:9–10,58–59,66 ~ God will establish a holy people unto Himself, just like He promised, as long as you keep His commandments and walk in His ways. And all people on earth will see that you are called by the name of the Lord, and they will be afraid of you. If you don’t observe all the words in the Bible and fear only God, then He will send plagues and sickness upon you continuously. And your life will hang in doubt, and you will be afraid night and day, having no assurance concerning your life.
* JOB 8:13–14 ~ The destiny of those who forget God is the loss of all hope, for their trust in worldly things is a fragile one.
* PSA 27:1,2 ~ The Lord is my light and my salvation. Who should I fear? He is the strength in my life. Of whom shall I be afraid? Even if a whole encampment of my enemies is preparing war against me, I will not be afraid, but confident.
* PSA 34:4,9,11 ~ I sought the Lord and He heard me, and delivered me from my fears. So, fear the Lord all you saints, and you will never need anything. Come to me people, and I will teach you about the fear of the Lord.
* PSA 40:4 ~ Blessed are those who trust in the Lord rather than giving their respect to the proud and deceitful.
* PSA 56:3–4 ~ If I am afraid, I will praise God’s Word and put my trust in Him. I will not be afraid of what flesh can do to me.
* PRO 28:25 ~ People with proud hearts serve only to create conflict, but those who trust in God will prosper.
* ISA 26:3 ~ Those whose minds are set on God and trust in Him will be kept in perfect peace.
* ISA 41:10 ~ God says, “Fear not, for I am with you. Don’t be dismayed, for I am your God. I will strengthen and help you. I will hold you up with the right hand of righteousness.”
* 1 TI 6:17 ~ Tell the rich people in the world not to act so proud or to set their hopes on uncertain earthly riches. Tell them to set their hope and trust in God, who furnishes everything in this world for us to enjoy.
* HEB 12:28–29 ~ Since we will inherit a kingdom which cannot fall, let us have grace to willingly serve God with reverence and awe, for He is a consuming fire.
* 1 JO 4:18 ~ There is no fear in love, but perfect love casts out fear, because fear has torment. Those who fear are not made perfect in love.

People who refuse to acknowledge God and His sovereignty in this universe are heading in the wrong direction, and it leads them along a path that goes continuously down. Do not let them influence you with promises they cannot fulfill, or riches they did not earn, or safety they cannot provide.

* ISA 8:12–13 ~ Don’t join in any conspiracies or alliances with people who are afraid; don’t fear the things that they fear; don’t be afraid at all. Sanctify the Lord of hosts, and let Him be your fear.
* MAT 15:14 ~ Stay away from false teachers, for they are like the blind leading the blind. And when the blind lead the blind, both fall into the ditch.
* 2 TH 3:14–15 ~ If there are people among you that fail to conform to the Word as we have taught it to you, make note of them and stay away from them, so that they will feel ashamed of their behavior. However, do not consider them as an enemy, but admonish them as you would a brother or sister.
* 2 TI 3:1–5 ~ Know this, that perilous times will come in the last days. People will love only themselves. They will be covetous, boasters, blasphemers, arrogant, disobedient to parents, unthankful and ungodly, void of natural affection. They will be promise breakers, false accusers, undisciplined, fierce despisers of goodness; traitors, reckless, conceited, lovers of worldly pleasures more than God; displaying a form of godliness, but denying the power thereof. Stay away from people like this.

We face countless decisions and challenges every single day. The outcome of our choices will depend on our attitude, outlook, and beliefs. Do not allow trials and confrontations to cause worry or anxiety, but face them with confidence as you seek the counsel of the Lord. If we trust in His love and mercy we will triumph; we will overcome obstacles and temptations for He has overcome the world on our behalf. It comes down to where you place your faith and trust: the world which will pass away, or the Lord who is eternal. Side with the Lord and you will overcome the world.

* JOH 16:33 ~ Jesus said, “In this world you will experience much tribulation, but be cheerful, for I have overcome the world.”
* 1 JO 4:2–6 ~ Every spirit that confesses that Jesus Christ is God in the flesh is of God. Those spirits that do not confess are not of God, but are spirits of the antichrist, which you have heard about and are in the world. You belong to God and have overcome these spirits of malice. For greater is He that is within you than he that is in the world. They are of the world, and therefore speak of worldly things, and the world listens to them. We are of God. Those who know God will listen to His messengers, and those who are not of God will not listen. We know the difference between the Spirit of truth and the spirit of untruth.
* HEB 11:7–38 ~ Because of their great faith, men of God were able to endure anything and performed remarkable feats, such as subduing kingdoms, escaping certain death, overcoming incredible odds, healing the sick, and even raising the dead.

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