

First Lady Pastor Simone McLeod

Topic: Because God Is, I Am!

Subtopic: The "I AM Factor"; Make a decree and speak the "I AM Factor" over yourself and your life!

Introduction: I have spent an awful lot of time in my life worrying. I've worried about being successful, about my husband, children, family, finances, and the list can go on and on. Over the span of your lifetime, worrying accounts for hours and hours of invaluable time that you'll never get back. I have decided that if I'm professing to have so much confidence in God, I'd like to spend my time more wisely and more enjoyable. We have to get to the spiritual level whereby we must convince ourselves to give up worrying. WHY? According to God's word, there are several reasons why we must LET GO AND LET GO BECAUSE "I AM" A CHILD OF THE KING!

I. Worrying Accomplishes Absolutely Nothing as seen in the following scripture:

Focal Scripture- Matthew 6:25-34

*25 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?
26 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?
27 Which of you by taking thought can add one cubit unto his stature?
28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:
29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.
30 Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith?
31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?
32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.
3 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.
34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.*

Worrying is destructive to us in many ways. It becomes a mental burden that can cause us to become physically and spiritually sick. So, what should we do? I must replace constant worrying because I AM WHO GO SAY THAT I AM - HIS OWN!

Take no thought for your life but allow God to unfold His plan for you. We must refrain from worrying about the length of time it take to achieve or have; rather, refer it to God to lengthen or shorten it as He pleases. Remember, our times are in His hand and they are in good hands. He promised to supply the comforts of this life; but leave it to God to make it as bitter or as sweet as He pleases. Food and raiment God has promised, therefore we should expect them. Take no thought for the morrow, for the time will come. Do not be anxious about the future, how you shall live next year, or when you are old, or what you shall leave as a legacy, God WROTE THE ENDING BEFORE THE STORY BEGAN. As well, we must not boast of today or tomorrow. The Lord God has given us life, and has given it abundantly. We must take care about our souls. We must focus on guarding our work, so that our work will follow us and we can

live eternally with the Lord, which is encouragement to trust in God fully. We cannot attach ourselves to our worldly possessions more than we do for our spiritual stature. We cannot alter the disposals of Providence (protective care of God). Therefore we must submit and resign ourselves to simply trusting Him. Thoughtfulness for our souls is the best cure for worrying. Proverbs 12:25 states, "Heaviness in the heart of man maketh it stoop: but a good word maketh it glad." Worry weighs a person down; an encouraging word cheers a person up. "I AM STRONG AND CONFIDENT IN THE LORD"

II. Worrying is the Opposite of Trusting God.

The energy that we spend worrying can be put to much better use in prayer. Here's a little spiritual formula to help replace worrying: A constant flow of Prayer into a beaker (brain/mind) of worry creates a mixture of Trust. It changes the chemical component of worry to trust. "I AM" SPIRITUALLY BALANCED IN THE LORD!

III. Worrying Puts Your Focus in the Wrong Direction.

When we keep our eyes focused on God, we remember His love for us and we realize we truly have nothing to worry about. God has a wonderful plan for our lives and part of that plan includes taking care of us. Even in the difficult times. When it seems like we're far removed from God, we can put our trust in the Lord and focus on His promises. God will supply our every need. "I AM IN JESUS' HANDS! I WILL RECEIVE MY MIRACULOUS UNLIMITED BLESSINGS! "

We should not worry about everyday life-whether you have enough food and drink, enough clothes to wear or money to pay your bills. Isn't life based on trust in God more important than bills, food, job, or whatever? "I AM PROSPEROUS IN CHRIST JESUS!

Give all your worries and cares to God, for He cares about you; I am cared for by God! 1 Peter 5:7-8 states, "Casting all your care upon him; for he careth for you. 8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour." "I AM CASTING MY CARES ON THE LORD; HE CARES FOR ME!

Do not worry about anything. Instead, pray about everything. Tell God what you need and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus (Philippians 4:6-7). Positive thinking must always be rooted in what God says about you, not in what you say about yourself. – Charles Stanley. So what do you say about yourself? I AM A CHILD OF GOD

CONCLUSION

Holding on to the "I AM" factor does not mean that life will be perfect. If we remember who we are in Christ, we will not be constantly disappointed or fretful. If we focus on our relationship with God and not on worrying constantly, we will find it much easier to maintain the formula - that constant flow of prayer must replace worry. Life can be great, wonderful, fantastic, fulfilling and most of all peacefully blessed. John 16:33 stated, "These things I have spoken unto you, that in me ye might have peace. In

the world ye shall have tribulation: but be of good cheer; I have overcome the world". "I AM MORE THAN A CONQUEROR!"

Accept the bad situations that will come along. Feel free to experience the emotions that come with it BUT don't let it hold you down in the pit of worry and distress for long. Most importantly, DON'T let it change who you are. There are a lot of things we cannot control but we do have control of our attitude about ourselves. Life is hard; there is no doubt about that. Our challenge is to make the very best of it. We have a choice. We can choose to cease the constant worrying and try really hard to enhance the "I AM FACTOR" with our formula of PRAYER and TRUST, disallowing the attitude of worry.

YOU WORRY and SAY ----- GOD'S WORD SAYS

You say: 'It's impossible'... God says: All things are possible (Luke 18:27)

You say: 'I'm tired of-----' God says: I will give you peace and rest (Matthew 11:28-30)

You say: 'Nobody understands' God says: I love you, I understand (John 3:16 & John 3:34)

You say: 'I can't go on like this' God says: My grace is sufficient, I will direct your steps (2 Cor 12:9, Psalm 91:15), (Proverbs 3:5-6)

You say: 'I can't do it'-----God says: You can do all things (Philippians 4:13)

You say: 'I'm not able' -----God says: I am able (2 Cor 9:8)

You say: 'It's not worth it'-----God says: It will be worth it (Roman 8:28)

You say: 'I can't forgive myself' God says: I Forgive you (I John 1:9 & Romans 8:1)

You say: 'I can't manage'-----God says: I will supply all your needs (Philippians 4:19)

You say: 'I'm afraid of' ---God says: I have not given you a spirit of fear (2 Timothy 1:7)

You say: 'I'm not smart enough' God says: I give you wisdom (I Cor 1:30)

You say: 'I feel all alone'-----God says: I will never leave you or forsake you (Hebrews 13:5)

You say: 'I'm worry about ----- God says: Cast all your cares on ME (I Peter 5:7)

It is the will and command of the Lord Jesus, that by replacing worry with prayers we will get strength to bear us up under our daily troubles. Furthermore, it will arm us against the temptations that attend them and then let none of these things move us. Happy are those who take the Lord for their God, and make full proof of it by trusting themselves wholly to His wise disposal. I AM BECAUSE GOD IS!