

Message Notes – April 19, 2020

Faith over Fear – Worry Doesn't Work (Pastor Jordan Jacobs)

I. Introduction

A. Worry = Anxiety = Fear

1. **Proverbs 12:25 (AMPC)** Anxiety in a man's heart weighs it down, but an encouraging word makes it glad.
 - a. Anxiety is often described as a weight or pressure on a person's head or chest.
 - b. **Proverbs 12:25 (NLT)** Worry weighs a person down; an encouraging word cheers a person up.
2. Mental issues can be due to other issues, but they are oftentimes associated with fear in a person's life.

B. We Need Substance

1. **Hebrews 6:18-19 (TPT)** So it is impossible for God to lie for we know that his promise and his vow will never change! And now we have run into his heart to hide ourselves in his faithfulness. This is where we find his strength and comfort, for he empowers us to seize what has already been established ahead of time—an unshakeable hope! We have this certain hope like a strong, unbreakable anchor holding our souls to God himself. Our anchor of hope is fastened *to the mercy seat* which sits in the heavenly realm beyond the sacred threshold,
 - a. Positive thinking is good, but it is not enough.
 - b. There is no substance in positive thinking alone.
 - c. The Word of God is an anchor to hold use steady in times of trouble.
2. **Hebrews 11:1 (NKJV)** Now faith is the substance of things hoped for, the evidence of things not seen.

II. Why Worry?

A. We are Commanded Not to Worry

1. **Matthew 6:25 (TPT)** This is why I tell you to never be worried about your life, for all that you need will be provided, such as food, water, clothing—everything your body needs. Isn't there more to your life than a meal? Isn't your body more than clothing?
 - a. To worry is like a slap in the face of God. It is an indication that we do not believe He will take care of us as His children.
 - b. Worry is a sin. It is actually a major sin. We sometimes look at an adulterer or a heavy drinker and think their sin is bad, but what about the sin of worry or doubt or fear? God actually places a great deal of emphasis on "inward" sins. Don't misunderstand, "outward" sins are bad, but we sometimes justify "inward" sins while focusing on the "outward." Scripture indicates that God actually does the opposite.

- c. The worry a person has about the Coronavirus is actually worse than the virus itself.
 - d. The worry a person has about their money is actually worse than a lack of money.
 - e. The worry a person has about their children is actually worse than an issue in the lives of their children.
 - f. Worry fixes nothing...it actually makes things worse.
2. **Matthew 6:26-30 (TPT)** “Look at all the birds—do you think they worry about their existence? They don’t plant or reap or store up food, yet your heavenly Father provides them each with food. Aren’t you much more valuable to your Father than they? So, which one of you by worrying could add anything to your life? “And why would you worry about your clothing?” Look at all the beautiful flowers of the field. They don’t work or toil, and yet not even Solomon in all his splendor was robed in beauty more than one of these! So if God has clothed the meadow with hay, which is here for such a short time and then dried up and burned, won’t he provide for you the clothes you need—even though you live with such little faith?
- a. “You’re better than a bird!”
 - i. God used birds as an example of why we should not worry because you see birds on every continent.
 - ii. Birds are well fed, they have homes, they are well taken care of, and do not worry about any of those things.
 - iii. If God would take care of the birds, how much more His children?
 - b. “What about the flowers?”
 - i. Jesus noted how the wildflowers are a better covering than the fine garments of King Solomon.
 - ii. Solomon had such great wealth that he had dumps of silver.
 - iii. The wildflowers are sustained and return every year with no special consideration.
 - iv. If God would supply for the wildflowers, how much more His children?
3. **Matthew 6:21-32 (TPT)** “So then, forsake your worries! Why would you say, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ For that is what the unbelievers chase after. Doesn’t your heavenly Father already know the things your bodies require?
- a. Jesus said that the sinner seeks after materials things.
 - b. He then asks why we, as children of God, would do the same?
 - c. Do we seek after these things because we do not believe God will supply them? (Philippians 4:19)
 - d. Our lives should look different than the lives of the sinner.
 - e. During this pandemic, have they?

B Seek Ye *First*

- 1. **Matthew 6:33 (TPT)** “So above all, constantly chase after the realm of God’s kingdom and the righteousness that proceeds from him. Then all these less important things will be given to you abundantly.
 - a. Do you need provision? Then be certain you put God first.

- b. If there is lack in your life, is it because you have allowed something other than the things of God to have first place?
 - c. Notice, Jesus said material things are “less important.” Don’t elevate their status.
2. **Matthew 6:34 (TPT)** Refuse to worry about tomorrow, but deal with each challenge that comes your way, one day at a time. Tomorrow will take care of itself.”
- a. Don’t worry about tomorrow, there is new grace for each day.
 - b. “Worry does not empty tomorrow of its sorrow. It empties today of its strength.”
- Corrie Ten Boom

III. How to Overcome Worry

A. Worship

1. Worry is worship in reverse.
 - a. **Psalm 99:9 (NLT)** Exalt the LORD our God, and worship at his holy mountain in Jerusalem, for the LORD our God is holy!
 - b. Worship is exalting God in our lives.
 - c. When we worry, we are exalting the negative in our lives.
2. Worry is worshipping your problems, not the answer.
 - a. Worship is what you think about and what you are giving your time, your love, and your talent to.
 - b. What are you worshipping?

B. Meditation...

1. *Fill Your Mind* with God
 - a. **Joshua 1:8 (NLT)** Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.
 - i. Eastern religions tell you to meditate by *emptying* your mind. Scriptural meditation is when you *fill* your mind with the Word of God.
 - ii. Some would say that they cannot meditate day and night. Sure they can. If you can worry day and night you can meditate on the answer day and night!
 - iii. One woman asked a pastor why she could not seem to get out of a mental hospital. He told her, “You are meditating on the wrong thing.”
 - b. **Psalms 1:1-3 (NLT)** Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the LORD, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.
 - i. Those who meditate on the right things are fruit bearing believers.
 - ii. If there is a lack of fruit, is it due to an abundance of worry?
 - c. **Matthew 6:31 (KJV)** Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?
 - i. There are thoughts that come which we are to say and there are those we are not to say. Speak only those thoughts that are in line with the Word of God.

- ii. Someone once asked Brother Kenneth Hagin, “*How do I know if I am worrying about something?*” He responded, “*If you are thinking about it you are worrying about it.*”

2. Magnify God

- a. **Psalm 34:3 (NKJV)** Oh, magnify the Lord with me, And let us exalt His name together.
 - i. King David was the author of many of the Psalms and he was a worshipper.
 - ii. King David addressed many of the difficulties in his life by magnifying God.
- b. **Psalms 69:30 (NKJV)** I will praise the name of God with a song, And will magnify Him with thanksgiving.
 - i. When we magnify God, we make Him bigger in our minds than the problem.
 - ii. That is why people often feel better after worship. They have made God bigger than the issues they may be dealing with in their lives.
 - iii. Soaking in the media will magnify what they are reporting in your eyes because they continue to say the same things again and again. *The problem* is all they see because it is what they are magnifying. They have no answer for the Coronavirus because the Coronavirus is all that they can see.
 - iv. Put your magnifying glass on the answer rather than the problem.

IV. Conclusion

Matthew 6:25-34 (MSG) “If you decide for God, living a life of God-worship, it follows that you don’t fuss about what’s on the table at mealtimes or whether the clothes in your closet are in fashion. There is far more to your life than the food you put in your stomach, more to your outer appearance than the clothes you hang on your body. Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to him than birds. “Has anyone by fussing in front of the mirror ever gotten taller by so much as an inch? All this time and money wasted on fashion—do you think it makes that much difference? Instead of looking at the fashions, walk out into the fields and look at the wildflowers. They never primp or shop, but have you ever seen color and design quite like it? The ten best-dressed men and women in the country look shabby alongside them. “If God gives such attention to the appearance of wildflowers—most of which are never even seen—don’t you think he’ll attend to you, take pride in you, do his best for you? What I’m trying to do here is to get you to relax, to not be so preoccupied with *getting*, so you can respond to God’s *giving*. People who don’t know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God-initiative, God-provisions. Don’t worry about missing out. You’ll find all your everyday human concerns will be met. “Give your entire attention to what God is doing right now, and don’t get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.