**Truth Sowers Life Group**

**Don’t Borrow Trouble**

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**Romans 12:2 (KJV)**   
2  And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.

**Romans 12:2 NLT**

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

By nature, I was a worrier! Several of you in here are worriers too. Even if I didn’t know you, I would know that some of you are worriers. The Bible says that we will know them by their fruits!

My wife and I lead the newcomer’s group in our church’s Celebrate Recovery Ministry. In each newcomer’s group, I share with the men how I struggled with worry from a very early age. But I also tell them how God has set me free from worry and anxiety. It never fails, when the men in my group begin to tell me why they came to Celebrate Recovery, that at least one of them will tell me he struggles with anxiety and worry also.

**John 8:36 KJV**

If the Son therefore shall make you free, ye shall be free indeed.

There are many versions of the Bible that are excellent. There are some that are not so good. Many of the newer translations can help you understand the Word of God while others completely miss the meaning, many times, of what the Word of God is saying. When reading the Bible, I thoroughly enjoy the New Living Translation but when I study the Bible, I like the King James Version. The English Standard Version is a good version too but for study, I default to the King James!

The Strong’s Concordance is a very important tool in my studies. Thank God for men like Strong and Dake and many others whose life commitment it was to help us understand the Word of God!

I have talked about the Strong’s Concordance in here before. They say Strong was a very quiet man. They also say he wasn’t much on going to church which surprises me. We are commanded not to keep ourselves away from fellowshipping with the saints.

**Romans 10:25 NLT**

And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

**The word “SHALL” is the strongest word in the English language.**

**Do any of you know why and when the King James Version, otherwise known as the “Authorized” version of the Bible was written?**

In 1604 a group of scholars commissioned by King James 1 of England began work on a new, English version of the Bible. For many years the Bible was kept in Latin by the Roman Catholics. They used what was called the “Vulgate.” By not having the Bible in a language that everyone could speak, the Roman Catholic Church could pretty much tell people anything they wanted too and people would believe it.

There was a couple of English language Bibles out in 1604 but they were not good versions. King James wanted a Bible for everyone. Thank God for him!

In 1611, the work of the scholars was finished and in 1612, the first copy of the King James Version of the Bible was printed!

Listen to what Wikipedia tells us about the King James Version of the Bible:

First printed by the King's Printer Robert Barker, this was the third translation into English to be approved by the English Church authorities. The first was the *Great Bible* commissioned in the reign of King Henry VIII (1535), and the second was the *Bishops' Bible* of 1568. In January 1604, James I convened the Hampton Court Conference where a new English version was conceived in response to the perceived problems of the earlier translations as detected by the Puritans, a faction within the Church of England. The translation is considered a towering achievement in English literature, as both beautiful and scholarly.

James gave the translators instructions intended to guarantee that the new version would conform to the ecclesiology (The branch of theology that is concerned with the nature, constitution, and functions of a church.) and reflect the episcopal (Of, relating to, or involving church government by bishops.) structure of the Church of England and its belief in an ordained clergy. The translation was done by over 40 scholars, all of whom were members of the Church of England. In common with most other translations of the period, the New Testament was translated from Greek, the Old Testament was translated from Hebrew and Aramaic text, while the Apocrypha was translated from the Greek and Latin.

Let’s go back to John 8:36.

**John 8:36 KJV**

If the Son therefore **SHALL** make you free, ye **SHALL** be free indeed.

The other versions of the Bible say Jesus **WILL** make us free but that word, WILL, is not strong enough.

Shall be – Strongs - Greek 2071 – esomai (es'-om-ahee)

We don’t live under a monarchy like they do in England. When a King said “you SHALL” if you didn’t, you could have lost your head!

“Shall” is the strongest word in the English language.

If Jesus “SHALL” make you free, you “SHALL” be free indeed! You absolutely WILL be free! No if, ands, or buts about it!

So, if you have been born again, **you HAVE been set free!**

**WHY is it that you are still struggling with worry?**

Worry and anxiety are evil taskmasters! They will keep you in bondage. They will make you sick and cause diseases in your body. They will cause you mental anguish and mental illness. Ultimately, they will kill you!

I truly believe there are demons whose names are “Anxiety,” “Worry,” and “Fear!”

We have authority over all evil spirits through the blood of Christ which was shed for us.

**Hebrews 12:1 TLB**

Since we have such a huge crowd of men of faith watching us from the grandstands, let us strip off anything that slows us down or holds us back, and especially those sins that wrap themselves so tightly around our feet and trip us up; and let us run with patience the particular race that God has set before us.

**Some of you need to strip off the sin of worry and the sin of anxiety!**

Sin simply means to “Miss the Mark!”

Why is worry a sin? **It is because you are NOT trusting God to take care of certain situations.**

You may say, “Jay, that is the way I am. I was born that way and I can’t change it.” You may not be able to on your own but the Word of God working through you CAN CHANGE YOU!

**Matthew 19:26 NLT**

Jesus looked at them intently and said, "Humanly speaking, it is impossible. But with God everything is possible."

As Christians, we think TOO small!

What is the sin that trips you up? What is it you are worried about?

I want you to speak it out right now. Speak out what it is that you have so much anxiety about.

**Wouldn’t you love to know how to be able to stop worrying? How would it be to never have to worry again?**

**I am going to tell you today how you can absolutely STOP worrying about the thing that is causing you so much anxiety!**

**Hebrews 3:1 NASB**

Therefore, holy brethren, partakers of a heavenly calling, **consider Jesus**, the Apostle and High Priest of our **confession**;

Jesus is the High Priest of our confession! What is the job of the High Priest? It is to take your offering and present it to God. When you confess your worries and anxieties, **that is what** Jesus has to present to the Father.

**You MUST stop confessing negative things! When you confess the negative, you are falling right in line with what Satan wants you to! When you do that you are putting more faith in the negative than what God can do for you!**

**Hebrews 10:23 ESV**

Let us hold fast the confession of our hope (faith) without wavering, for he who promised is faithful.

Instead of confessing your negatives thoughts and feelings, confess that Jesus is BIGGER than your problem!

As you get into the Word of God, you will begin to see that God is bigger than all your problems and that **He does answer your prayers**. You MUST get into the Word of God for yourself. **I cannot say it enough!**

**Faith ONLY comes through the Word of God.**

**Romans 10:17 NASB**

So faith comes from hearing, and hearing by the word of Christ.

When you are a baby Christian you will depend on other Christians to CARRY you. You will need them to pray for you. You will need them to do everything spiritual for you. BUT, after you have been a Christian for a time, you should grow up and not have to depend on everyone else. It’s a shame to see people who have been Christians for years who still can’t stand on their own prayers.

Now, don’t get me wrong. We should pray for one another but we all need to grow up spiritually and get to the place that others do not have to carry us. We need to come to the place that when we pray, we believe we receive the answer, immediately, to our prayer like Jesus said.

**Mark 11:24 (KJV)**   
24  Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive *them*, and ye shall have *them*.

**Mark 11:24 is the prayer of faith.** I am amazed at how many Christians have never known this scripture. One of the problems is that preachers don’t know this scripture either. They don’t have a clue as to what the prayer of faith is!

**I CANNOT pray the prayer of faith for you.** You can only do that for yourself!

**Hebrews 11:1 (KJV)**   
1  Now faith is the substance of things hoped for, the evidence of things not seen.

**Having faith is believing in something you cannot see!**

Once you pray the prayer of faith, you **receive the answer to your prayer right then**, at that moment. Then you must have faith and wait for God to manifest the answer to your prayer but you KNOW He has answered and you do NOT HAVE TO WORRY!

**Hebrews 10:35,36**

Therefore do not throw away your confidence, which has a great reward. For you have need of endurance (patience), so that when you have done the will of God you may receive what is promised.

If you truly believe God answers your prayer WHEN YOU PRAY, you can cast your worry and your cares over to Him!

**1 Peter 5:7 ESV**

,,,casting all your anxieties on him, because he cares for you.

The word “casting” implies that there is an action you must take. **YOU** must **CAST** your cares on Him! I see Christians all the time who live with the horrors of anxiety and fear. There are some of you in this class and some of you who are reading this study who also live with the horrors of anxiety and fear. You **DO NOT** have to live with fear and anxiety.

**Jesus isn’t going to take it all away from you. He has already made provision for this but YOU have to do your part!**

**It is just like salvation. Jesus made provision for every person who has ever lived and who will ever live but THEY MUST believe in their hearts and confess with their mouths that Jesus is Lord in order to be saved! Romans 10:9,10**

Okay, here is the big thing. HOW do you cast all your cares upon Him?

**How do we overcome fear and anxiety?**

1. Make sure you are studying the Bible daily. This does not mean reading Christian books, devotionals, etc. It doesn’t hurt to read those but **you must read the Bible itself**.
2. Look up scriptures that talk about God answering your prayers, about God meeting your needs, about God’s love for you, etc.
3. Pray the prayer of faith (Mk. 11:24) based upon scriptures that promise what you are in need of. Use those scriptures in your prayer.
4. Believe that God heard your prayer and **expect Him** to bring the perfect answer to your prayer.
5. Be patient, waiting on the answer to be manifest, knowing that you have done the will of God by praying the prayer of faith. God will bring the manifestation to your prayer at **exactly the right time!**
6. Don’t ask God again for the answer to your prayer. If you truly believe He answered your prayer when you prayed you do not need to ask again.
7. When you pray, praise God for who he is and thank God for answering your prayer when you prayed. Thank Him that He is bringing the manifestation to your prayer.
8. When fear tries to grip you, and it will, **REFUSE to accept that fear!** Cast your fears and anxiety on Him. As you practice this, it will get easier each time.
9. When fear comes, rebuke Satan and his evil spirits in the name of Jesus! They will try to convince you that God didn’t answer your prayer. They may try to convince you that you did something wrong, that you didn’t pray right. They will tell you that God isn’t going to answer your prayer and that the answer is not on the way. Tell them they are liars and confess that your prayer HAS been answered according to God’s Word! As a child of God, you have total and complete authority over these evil spirits!
10. Continue to confess that God has answered your prayer. As a believer, you do not walk by what you see with your five physical senses, you walk by what God’s Word says!

**2 Cor. 5:7**

,,,for we walk by faith, not by sight.

There is an old saying, “You can’t stop the birds from flying over your head but you can sure keep them from building a nest in your hair!”

**Matthew 6:25-34 NLT**

**25**“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? **26**Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? **27**Can all your worries add a single moment to your life?

**28**“And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, **29**yet Solomon in all his glory was not dressed as beautifully as they are. **30**And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

**31**“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ **32**These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. **33**Seek the Kingdom of God[[a](https://www.biblegateway.com/passage/?search=Matthew+6%3A25-34&version=NLT#fen-NLT-23292a)] above all else, and live righteously, and he will give you everything you need.

**34**“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

Now, I want you to confess with me. Please stand everyone and declare this before the Godhead, Satan, his evil spirits and the world:

**I am a child of the ever living, all powerful God, Jehovah. Jesus Christ is my Lord and Savior and the Holy Spirit dwells within me. I have been washed clean by the shed blood of Jesus Christ. I am no longer a slave to sin. I WAS a sinner who was saved by grace but NOW I AM the righteousness of God because of what Jesus did for me. I have been seated at the right hand of God with Christ.**

**Father, forgive me for worrying and for walking in fear. I have sinned before you by not trusting completely in you. I repent of my fear. Father, I make the commitment now to read your Word daily. My faith will grow as I study your Word. Father, You said Your Word will always do exactly what it says it will do. You are not a liar and Satan IS the father of lies. When fears and anxiety try and come to my thoughts, I will immediately cast those to You! I refuse to let those thoughts of fear and anxiety have a place in my thoughts. Thank You Lord, that through Jesus Christ, I have been made COMPLETELY free! Amen!**