

WISDOM IN ANXIETY

INTRODUCTION- Song- Don't Worry, Be Happy by Bobby McFerrin (1988) from Meher Baba (1984-1969)

www.superlaugh.com/1/behappy.swf

Here's a little song I wrote

You might want to sing it note for note

Don't worry, be happy.

In every life we have some trouble

But when you worry you make it double

Don't worry, be happy.

Don't worry, be happy now.

(Chorus)

Don't worry, be happy. Don't worry, be happy.

Don't worry, be happy. Don't worry, be happy.

Ain't got no place to lay your head

Somebody came and took your bed

Don't worry, be happy.

The landlord say your rent is late

He may have to litigate

Don't worry, be happy.

(Chorus)

(Look at me -- I'm happy. Don't worry, be happy.

Here I give you my phone number. When you worry, call me,

I make you happy. Don't worry, be happy.)

Ain't got no cash, ain't got no style
Ain't got no gal to make you smile
Don't worry, be happy.
'Cause when you worry your face will frown
And that will bring everybody down
Don't worry, be happy.

(Chorus)

(Don't worry, don't worry, don't do it.
Be happy. Put a smile on your face.
Don't bring everybody down.
Don't worry. It will soon pass, whatever it is.
Don't worry, be happy.
I'm not worried, I'm happy...)

When I was younger- I remember seeing on tee-shirts the saying- Don't Worry,
Be Happy

Happiness as we know is circumstantial. If we are going through problems and
issues, how can we not worry and be happy. With God, we can be joyous despite
our circumstances

PROPOSITION

We can trust God with all our anxieties

INTERROGATIVE SENTENCE

How do we deal with our anxieties?

TRANSITIONAL SENTENCE

According to 1 Peter 5:7, we deal with our anxieties by casting our anxieties onto
God

MAIN DIVISIONS AND TRANSITIONS

- 1) Anxiety- we experience anxieties for a variety of reasons- Relationships eg. Marriage, Children/Parents, work- stress- exams or relational issues, Finance- cost of things- paying bills, mortgage, debts, income being less than expenses.

In this world, it is not unusual to become stressed with this.

- 2) Effects of anxiety- Anxiety can cause physical or psychological or emotional effects such that some people have mental collapse and some to the point of taking their own life where there may seem no way out – I knew of a man who shot himself in the head because of financial problems who had a wife and 2 children but survived and was left disabled

In Proverbs 12:25, it says- An anxious heart weighs a man down, but a kind word cheers him up. An anxious heart weighs a man down

We do not have to take this burden on ourselves

- 3) Dealing with anxiety- though one can say "Don't worry, Be happy", it is not so easy- it would be as if one was ignoring the problem

In 1 Peter 5: 7, it says "Cast all your anxiety on him because he cares for you" so we are encouraged to cast our burdens onto Him.

In Matthew 6:25-34, Jesus encourages us not to worry

25"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? 26Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27Who of you by worrying can add a single hour to his life[b]? 28"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. 29Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? 31So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32For the pagans run after all these things, and your heavenly Father knows that you need them. 33But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Jesus is aware that we will go through problems and issues and refocuses our mind.

God has given us direction as to how to handle with our anxieties

- 4) Practical ways of dealing with anxiety- Prayer- committing it to God, remember, reading His word for direction, making plans, trusting God and leaving it in his hands

i) Prayer- commit to God

In Philippians 4:6, it says "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."

ii) Remember- Remember what God has done in the past- What circumstances have you been through in the past? How did you get through it? There have been times I have wondered how God would provide and He has in different ways that were not the way I would expect Him to provide. Hopefully, through these circumstances, our character is developed. With the children of Israel- what happened in the Desert after leaving Egypt- God always provided for them despite their circumstances which led to grumbling and mumbling. God parted the Red Sea for them, gave them manna and quail and water in the Desert? It does not matter how big the problem is- David and Goliath

iii) Reading God's Word- God has given instructions in His Word. He encourages us in His Word and gives directions- In Exodus 21-22, after giving The Ten Commandments, such detailed instructions are given which would help direct the government and us in the details as with personal injuries

In Exodus 21: 12-14 , it says 12"Anyone who strikes a man and kills him shall surely be put to death. 13 However, if he does not do it intentionally, but God lets it happen, he is to flee to a place I will designate. 14 But if a man schemes and kills another man deliberately, take him away from my altar and put him to death.

In Exodus 21: 15 "Anyone who attacks [c] his father or his mother must be put to death.

In Exodus 21: 16 "Anyone who kidnaps another and either sells him or still has him when he is caught must be put to death"

So one is given instructions in regards to kidnapping

In Exodus 21: 17 "Anyone who curses his father or mother must be put to death.

In Exodus 21: 18 "If men quarrel and one hits the other with a stone or with his fist [d] and he does not die but is confined to bed, 19 the one who struck the blow will not be held responsible if the other gets up and walks around outside with his staff; however, he must pay the injured man for the loss of his time and see that he is completely healed.

In Exodus 21: 22 "If men who are fighting hit a pregnant woman and she gives birth prematurely [e] but there is no serious injury, the offender must be fined whatever the woman's husband demands and the court allows. 23 But if there is serious injury, you are to take life for life, 24 eye for eye, tooth

for tooth, hand for hand, foot for foot, 25 burn for burn, wound for wound, bruise for bruise”

So one would have known what to advise on the “Abortion Bill” in regards to whether abortion should be earlier than 24 weeks- the child in the womb is a life- the heart beat is seen by 7 weeks on the scan and the child’s shape is seen at 12 weeks and at 20 weeks and can survive outside the womb before 24 weeks now with medical intervention

In Exodus 21: 26 "If a man hits a manservant or maidservant in the eye and destroys it, he must let the servant go free to compensate for the eye. 27 And if he knocks out the tooth of a manservant or maidservant, he must let the servant go free to compensate for the tooth.

In Exodus 21: 28 "If a bull gores a man or a woman to death, the bull must be stoned to death, and its meat must not be eaten. But the owner of the bull will not be held responsible. 29 If, however, the bull has had the habit of goring and the owner has been warned but has not kept it penned up and it kills a man or woman, the bull must be stoned and the owner also must be put to death. 30 However, if payment is demanded of him, he may redeem his life by paying whatever is demanded. 31 This law also applies if the bull gores a son or daughter. 32 If the bull gores a male or female slave, the owner must pay thirty shekels [f] of silver to the master of the slave, and the bull must be stoned.

So one would know how to deal with animals as with dogs when they take a life

In Exodus 21:35 "If a man's bull injures the bull of another and it dies, they are to sell the live one and divide both the money and the dead animal equally. 36 However, if it was known that the bull had the habit of goring, yet the owner did not keep it penned up, the owner must pay, animal for animal, and the dead animal will be his.

In Exodus 22, it covers Protection of Property and Social Responsibility

In Exodus 22: 2 "If a thief is caught breaking in and is struck so that he dies, the defender is not guilty of bloodshed; 3 but if it happens [a] after sunrise, he is guilty of bloodshed.

So one would know how to deal with break-in where in the US- the thief may sue the owner of the property but in this, it would indicate the owner was not liable to injuries at night

In Exodus 22:3 "A thief must certainly make restitution, but if he has nothing, he must be sold to pay for his theft.

In Exodus 22:10-14,10 "If a man gives a donkey, an ox, a sheep or any other animal to his neighbor for safekeeping and it dies or is injured or is taken away while no one is looking, 11 the issue between them will be settled by the taking of an oath before the LORD that the neighbor did not lay hands on the other person's property. The owner is to accept this, and no restitution is required. 12 But if the animal was stolen from the neighbor, he

must make restitution to the owner. 13 If it was torn to pieces by a wild animal, he shall bring in the remains as evidence and he will not be required to pay for the torn animal. 14 "If a man borrows an animal from his neighbor and it is injured or dies while the owner is not present, he must make restitution. 15 But if the owner is with the animal, the borrower will not have to pay. If the animal was hired, the money paid for the hire covers the loss.

So we know who is responsible

In Exodus 22:16 "If a man seduces a virgin who is not pledged to be married and sleeps with her, he must pay the bride-price, and she shall be his wife. 17 If her father absolutely refuses to give her to him, he must still pay the bride-price for virgins.

In Exodus 22:19 "Anyone who has sexual relations with an animal must be put to death.

iv) Making plans- we can make plans and use the advice of others in helping with the decisions we make

In Proverbs 12:15 15 The way of a fool seems right to him, but a wise man listens to advice.

In Proverbs 12:22 Plans fail for lack of counsel, but with many advisers they succeed.

When planning, we can learn from the wisdom of others and find out advice from many and make various options

In Proverbs 12: 23 A prudent man keeps his knowledge to himself, but the heart of fools blurts out folly.

In Proverbs 12: 24-28, 24 Diligent hands will rule, but laziness ends in slave labor 26 A righteous man is cautious in friendship, [a] but the way of the wicked leads them astray. 27 The lazy man does not roast [b] his game, but the diligent man prizes his possessions 28 In the way of righteousness there is life along that path is immortality.

When we make our plans, we need to follow the way of righteousness

In Proverbs 16: 9 , it says "In his heart a man plans his course, but the LORD determines his steps.

We can make plans but it is God who determines our paths

v) Finally, Trust God who is our provider- Matthew 6:25-34

CONCLUSION- We can trust God in our anxieties- we need to remember who God is- S.M. LOCKRIDGE with MY KING reminds us of the God we serve and the God we trust in-

<http://thatsmyking.wordpress.com/>

M. Lockeridge's "My King" 2007 High Energy Remixed Version

November 16, 2007 — That's My King

OR

My King sermon beat

June 1, 2007 — That's My King

S.M. LOCKRIDGE MY KING LYRICS

My King was born King.

The Bible says He's a Seven Way King. He's the King of the Jews – that's a racial King. He's the King of Israel – that's a National King. He's the King of righteousness. He's the King of the ages. He's the King of Heaven. He's the King of glory. He's the King of kings and He is the Lord of lords. Now that's my King. Well I wonder if you know Him. Do you know Him? Don't try to mislead me. Do you know my King? David said the Heavens declare the glory of God, and the firmament show His handiwork. My King is the only one whom there are no means of measure can define His limitless love. No far seeing telescope can bring into visibility the coastline of His shore of supplies. No barriers can hinder Him from pouring out His blessing. Well, well, He's enduringly strong. He's entirely sincere. He's eternally steadfast. He's immortally graceful. He's imperially powerful. He's impartially merciful. That's my King. He's God's Son. He's the sinner's saviour. He's the centrepiece of civilization. He stands alone in Himself. He's august. He's unique. He's unparalleled. He's unprecedented. He's supreme. He's pre-eminent. Well, He's the loftiest idea in literature. He's the highest personality in philosophy. He's the supreme problem in high criticism. He's the fundamental doctrine of proved theology. He's the carnal necessity of spiritual religion. That's my King. He's the miracle of the age. He's the superlative of everything good that you choose to call Him. Well, He's the only one able to supply all of our needs simultaneously. He supplies strength for the weak. He's available for the tempted and the tried. He sympathizes and He saves. He's strong God and He guides. He heals the sick. He cleanses the lepers. He forgives sinners. He discharged debtors. He delivers the captives. He defends the feeble. He blesses the young. He serves the unfortunate. He regards the aged. He rewards the diligent and He beautifies the meek. Do you know Him? Well, my King is the key of knowledge. He's the wellspring of wisdom. He's the doorway of deliverance. He's the pathway of peace. He's the roadway of righteousness. He's the highway of holiness. He's the gateway of glory. He's the master of the mighty. He's the captain of the conquerors. He's the head of the heroes. He's the leader of the legislatures. He's the overseer of the overcomers. He's the governor of governors. He's the prince of princes. He's the King of kings and He's the Lord of lords. That's my King. Yeah. Yeah. That's my King. My King, yeah. His office is manifold. His promise is sure. His light is matchless. His goodness is limitless. His mercy is everlasting. His love never changes. His Word is enough. His grace is sufficient. His reign is righteous. His yoke is easy and His burden is light. Well. I wish I could describe Him to you, but He's indescribable. He's indescribable. Yes. He's incomprehensible. He's invincible. He's irresistible. I'm coming to tell you, the heavens of heavens cannot contain Him, let alone a man explaining Him. You can't get Him out of your mind. You can't get Him off of your hands. You can't outlive Him and you can't live without Him. Well,

Pharisees couldn't stand Him, but they found out they couldn't stop Him. Pilot couldn't find any fault in Him. The witnesses couldn't get their testimonies to agree. Herod couldn't kill Him. Death couldn't handle Him and the grave couldn't hold Him. That's my King. Yeah. He always has been and He always will be. I'm talking about He had no predecessor and He'll have no successor. There was nobody before Him and there'll be nobody after Him. You can't impeach Him and He's not going to resign. That's my King! That's my King! Thine is the kingdom and the power and the glory. Well, all the power belongs to my King. We're around here talking about black power and white power and green power, but it's God's power. Thine is the power. Yeah. And the glory. We try to get prestige and honour and glory for ourselves, but the glory is all His. Yes. Thine is the Kingdom and the power and glory, forever and ever and ever and ever. How long is that? And ever and ever and ever and ever. And when you get through with all of the evers, then, Amen.