

# Hindrances To Belief

*We wanted very much to come to you,  
and I, Paul, tried and tried again,  
but Satan prevented us. 1 Thessalonians 2:18 (NLT)*

## WORRY

The Bible tells us not to worry about anything but to pray about everything. Whenever, you're tempted to worry, I encourage you to pray about it. Pray about everything. Seek God in everything. Pray for everyone, everything, all the time. You can't pray too much, but you can pray too little.

Americans worry. Worry ignores God's command not to worry! Worry doesn't trust God. Worry causes sickness. Worry may be considered the great American pastime. "I'm so worried," someone will say. They're worried about this or that, or anything, or everything, or nothing. Somehow we can convince ourselves that if we aren't worrying, we really don't care. Stop and think about it.

I've made myself sick worrying, fretting, trying to figure out what I couldn't figure out. I repent and walk in God's strength maybe for months and then I fall back into this vile little sin called worry. I've repented so many times of worry, I should have a repeat button in my head--"Oh Lord, here I am again. I'm stressed out. I'm worrying. Forgive me, Lord." I am out of God's will when I worry! Worry means I don't trust God.

I am better at giving my problems to the Lord than I used to be, but there are times when I still blow it. But I will not quit repenting. Worry is sin and I want to be rid of it. God honors perseverance. He says so.

The verses in Matthew tell us that the unsaved worry, so why are God's people worrying? Worry is like a fast-growing weed, growing and growing in our minds. The small worry can become a large worry when we keep going over and over it. People, we have to do what God says. We have to stop worrying, stop trying to control and fix everything, swallow our pride, and pray.

After being saved and trusting God for our salvation and being filled with the Holy Spirit, if we would hate our sin of worry and learn and live **Proverbs 3:5-7** and **Philippians 4:6-9**, the world would stand in awe at the witness of the Christian world. We, the Christian church, must obey God and trust in Jesus Christ and stop worrying.

We must repent every time we start worrying. Just briefly pray, "I repent. I refuse to worry anymore. I will not sin by worrying. I will trust God. Thank you, Jesus, you will help me do this."

1. Now read and write out **Proverbs 3:5-7, Page 567**.

2. Now read Jesus' words in **Matthew 6:25-34, Page 870. Verses 27, 33, and 34** are written out below.

***Can any one of you by worrying add a single hour to your life?***

***But seek first his kingdom and his righteousness, and  
all these things will be given to you as well.***

***Therefore do not worry about tomorrow, for tomorrow will worry about itself.  
Each day has enough trouble of its own.***

3. In **Philippians 4:6-9, Page 1,056**, Paul gives us a clear directive on prayer versus worry. Read and highlight these verses in your Bible.

We are not to be anxious or worry about anything.

We are to pray about everything.

We are to pray with thankful hearts.

We are to ask God for everything we need, nothing is too small or too large.

The promise that follows these directions is so awesome. It's what so many of us are looking for--peace!

**The God of peace is guarding the hearts of those who stop worrying,  
start praying, and thankfully ask God to meet their needs.**

# Prayer

*Now repent of your sins and turn to God, so that your sins may be wiped away. Then times of refreshment will come from the presence of the Lord, and He will again send you Jesus, your appointed Messiah. Acts 3:19-20 (NLT)*

## REPENTING OF WORRY

Heavenly Father,

Your word says to call upon you in the day of trouble and you will answer. I am in more trouble than I realized. I've been walking around in my own world, thinking what a good Christian I am. Worrying about this and that and thinking that I look so concerned for others. Lord, my pride stinks! I repent of it. I come boldly but humbly to your throne to ask for mercy.

I've ignored your commands to pray and not worry, and I deserve very strong discipline. Your patience with me is so incredible. You tolerated my arrogance and defiance when I thought I didn't need to pray. I was wrong. I want to be Your faithful disciple. I want to be a person of prayer. Put a burning desire in my heart to pray.



Forgive me for not realizing the privilege you've given me in even listening to my prayers. You want to answer my prayers. Thank You. You are God, I am not. The fact that you care and listen and want to help is great. Forgive me for disregarding this great privilege of prayer.

Now, I repent of worry. I repent of being stressed out. Lord, I want to see your promises fulfilled in my life. I want you to guard my heart and mind, oh great God of peace. I want it! I want your peace!

Today, I choose to seek you with all my heart, to stop worrying, and to pray

about everything. I don't care how long it takes to break this sinful habit of worry--I want it broken. Give me the strength to break it.

According to **Psalm 119:23** we are asking that you search us, O God, and know our hearts. Test us and know our anxious thoughts. Point out anything in us that offends you, and lead us along the path of everlasting life.

In the mighty name of Jesus Christ, I pray, Amen

# Quotes

*I have been sent out to tell others about the life He has promised through faith in Christ Jesus. 2 Timothy 1:1 (NLT)*

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May 20

“Worry is a cycle of inefficient thoughts whirling around a center of fear. But God does not want His children to be fearful, and the best way to overcome fear is through the Word of God.”

*Let not your heart be troubled...John 14.1*

*..I will trust, and not be afraid..Isaiah 12:2*

This quote is taken from her last devotional, [This Day is the Lord's](#). (Old Tappan, NJ: Fleming Revel Company, 1979)

