



## No Growth - Worry

**Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.**

*Proverbs 12:25*

**Words** - Proverbs 13:3

**Wonder** - Isaiah 29:9

**wander** - Amos 8:12

**oppression** - Psalm 9:9

**Rage** - Psalms 37:8

**Restless** - Matthew 11:28

**Yield** - Romans 6:16

Why do people worry? To think it through to gather an understanding of what they are experiencing. However, does it make the situation better? No. All worry does is consume time and hold the person captive in those thoughts.

For believers, the devil uses these things to take away their faith and to have no confidence or dependence upon God. Why worry when saints of God can pray? "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus," as in Philippians four, verses six through seven. Worry is a spirit that the devil tries to put upon people, especially the saints of God.

The theme verse for worry begins in Proverbs twelve, verse twenty-five, "Heaviness in the heart of man maketh it stoop." Worry can cause physical harm and lead to illness. The heaviness can cause pressure on the heart

and may lead to various physical problems. Worry is like a weight, which derives from using the mind to think about whatever it is that brought them to that state.

Worry primarily begins with a form of words. How does a person start to worry? Hearing something, whether it be through a conversation, radio, or by reading something online, a remark or response. However, it can also be from seeing or smelling something. Still, most people who visit the doctor discover they have a minor illness due to being worried. The state of mind can affect the body.

The second part of the theme verse, "but a good word maketh it glad." The scripture itself reveals that most people who get sick initially are affected by a word that is usually negative. Therefore, a person must counter bad news with something good, especially for believers. Applying the Word of God to whatever state or situation they encounter is a good way to break down worry. "For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart," as in Hebrews four, verse twelve.

Worry can make a person wonder, as in fear. "I wonder what is going on with them right now." The worst thing to do is to confess to this statement. For believers, "And ye shall know the truth, and the truth shall make you free, in John eight, verse thirty-two. Saints of God have a Father they can ask to intervene on their behalf, and not act as unbelievers. Worry can also make a person wander. To ramble, or stray, and not be focused on the most important things. For believers, it is to keep our eyes and minds upon the Lord. Otherwise, we will be as in Amos eight, verse twelve, "And they shall wander from sea to sea, and from the north even to the east, they shall run to and fro to seek the word of the LORD, and shall not find it." Wander and wonder are like sisters or brothers that operate with worry.

Worry can cause oppression. It is the feeling of being heavily burdened, mentally or physically, by troubles and adverse conditions. The constant reminder from hearing the words and the environment all around, that the person is

unable to get a break from it. For believers, "The LORD also will be a refuge for the oppressed, a refuge in times of trouble," as in Psalm nine, verse nine. To depend upon Him and not ourselves to help us through the difficult times.

Worry can cause someone to act in a rage. The frustration of the whole situation has the potential for a person to act rudely and display bad behavior, such as speaking sharply, ranting, or behaving in an uncontrolled manner, due to the pressure of what they are facing and being unable to find a resolution to the problem. The unbelievers rage as in the beginning of Psalms forty-six, verse six, "The heathen raged, the kingdoms were moved." However, believers are to be in the following verse, "The LORD of hosts *is* with us; the God of Jacob *is* our refuge."

Worry can make a person feel restless. It is a spirit that the devil uses to make a person uncomfortable, no matter what they do, that constantly hinders the mind. No rest, no peace, that can make the person miserable. For believers, God is always near. Do we acknowledge Him?

"Come unto me, all ye that labor and are heavy laden, and I will give you rest," as in Matthew eleven, verse twenty-eight. It is so easy for saints of God to fall into the trap of something that happens so suddenly, without expecting it. However, the Lord is there as in Psalms one hundred and forty-eight, verse eighteen, "The LORD *is* nigh unto all them that call upon him, to all that call upon him in truth."

Worry causes many to surrender. "Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?" Worry can change lives dramatically when yielded to this practice.

Thinking over and over does not change anything. Worrying only makes it stagnant. For believers, there is a song when they allow Him to come into the situation instead of worrying. When Jesus comes, the tempter's pow'r is broken; When Jesus comes, the tears are wiped away. He takes the gloom and fills the life with glory, for all is changed when Jesus comes to stay.

Worry can make things blurry, even teary, and you cannot see the way out. For believers,

"Say to them *that are* of a fearful heart, Be strong, fear not: behold, your God will come *with* vengeance, *even* God *with* a recompense; he will come and save you," as in Isaiah thirty-five, verse four.