

Russell Kelfer

God's Prescription for Worry

174-A

Series: Miscellaneous Messages

dtm DISCIPLESHIP TAPE MINISTRIES, INC.
INTO HIS LIKENESS RADIO

10602 Mossbank, San Antonio, TX 78230 • (210) 226-0000 / 1-800-375-7778 • www.dtm.org • dtm@dtm.org

God's Prescription for Worry

Are you a worrier? Then stop it. You are not supposed to worry about anything.

Be careful [or anxious] 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.

(Philippians 4:6,7)

The word "be" is a form of command. It is a command that expects a response. For instance if you call your children and say, "I am leaving for a while. I want you to "be" good." You are not outlining a series of options for the children, one of which is to be good, one of which is to be bad and one of which is to be fairly good. You are giving the children a set of instructions with the expectation of response. If you tell the children, "Dinner will be ready at 6:00. I want you to "be" ready at that time." You are not saying that you will have dinner around 6:00 and if it is convenient come at 3:00, 5:00 or 7:00. You have given a command that carries with it an expectation of response.

This is the same word that is used in Scripture,

Be filled with the Holy Spirit. (Ephesians 5:18b)

It is the same word that is used,

Be kind, one to another, tenderhearted, forgiving one another. (Ephesians 4:32)

This is the same word,

Be strong in the Lord and in the power of His might. (Ephesians 6:10)

What we have to begin with is to realize that is passage is an instruction, a command. This is not an option.

With that in mind we go to the next word, "careful" or in more modern translations, "anxious". It is a Greek word, *marame'o*.

God's Prescription for Worry

This means to be filled with care or to be drawn in different directions; to have a worry or distracting care; to be in a state of anxiety or distress. This word is used in only a few places in the New Testament. The best use of this word is found in Luke where Jesus said,

“Martha, Martha, thou art anxious about many things.”

(Luke 10:41)

So what we have learned so far is that we are commanded in this passage about the subject of anxiety or worry and being distracted and carried around by cares of the world or controlled by our distractions.

What are we to be anxious over? The next two words say, for nothing. The word “for” means over or about. The word “nothing” means absolutely no thing. It means without exception, any circumstance, any instance, any thing or any need is not or ever will be according to this verse, justification by God for worry. Be anxious over no thing. There are no exceptions.

This in itself would be a command we couldn't fulfill. It would be very frustrating were it not for the rest of the verse. But God in His beautiful grace always goes on to give us the vehicle or transportation to accomplish His commands. So here comes the little word “but”. This means an alternate, conflicting choice. We have a choice. Instead of being anxious, what we can do is follow the following prescription.

Here is God's Prescription for worry:

but in every thing

(Phillipians 4:6b)

This means in or through or in the midst of every circumstance without exception. Without exception, every circumstance, incident or need can be handled without worry. Now I am not saying that I do this all of the time, but I am saying this is what Scripture says. It is the standard by which God wants us to operate.

So, how do we do it? The little word, “by” is the vehicle or means by which we can accomplish this. God gives us a package deal. He gives us a Prayer Package. Most of us like the middle part of the package. However, the package never goes alone, it is always together -

by prayer and supplication with thanksgiving

(Phillipians 4:6 continued)

God's Prescription for Worry

There are three things that come in the package, prayer, supplication and thanksgiving. You cannot separate these. We love the supplication. We love the asking. That is what we call prayer.

The first word is “prayer”. The Greek word is *proseuke*. This means to communicate with God to attain His perspective. It is communicating with God about a circumstance or situation for the purpose of attaining His perspective. You will see the principle arranged in the disciple's prayer,

Our Father who art in heaven, hallowed be thy name.

Thy kingdom come, thy will be done on earth as it is in heaven. (Matthew 6:9b,10)

For thine is the kingdom and thine is the power and thine is the glory forever and ever. (Matthew 6:13b)

That is God's perspective.

When we have entered into prayer and worshipped and spent time with God getting His perspective, then we are ready for supplication. The Greek word for supplication is *deesis* (deh'-ay-sis). This means a specific expression of a specific need. It means asking when and where there is a need.

The third part of this is the Greek word *eucharistia* (yoo-khar-is-tee'ah), which literally means an expression of gratitude. This same word is found in Colossians 2:7 and II Corinthians 4:15. It is an act of the will thanking God for something received or something promised. So this is God's prayer package. It consists of prayer, communicating with God to get His perspective then, asking for the need. The last step is beginning the process of thanksgiving.

Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving. (Colossians 2:7)

For all things are for your sakes, that the abundant grace might through the thanksgiving of many redound to the glory of God. (II Corinthians 4:15)

God says to do this,

let your requests be made known unto God.

(Phillipians 4:6 continued)

God does not say let your “needs” be made known unto God. In Matthew 6:8 and in Luke 12:30, we read that God knows what

God's Prescription for Worry

we need before we ask.

for your Father knoweth what things ye have need of, before
ye ask him. (Matthew 6:8b)

So we are not told to let our needs be made known unto God because He already knows them. We are told to make our “requests” be made known to God. That is what He wants to hear. The fact that He knows our needs does not mean that He answers them without our asking for them. That is why Jesus said,

Ask, and it shall be given you; seek, and ye shall find; knock,
and it shall be opened unto you: (Matthew 7:7)

The faith required and the perspective generated by asking is what God is after. We are to let our requests be made known unto God and if you do that, there is a proportionate promise. The degree to which you do this is the degree to which you will receive the results of the prescription. The results are this -

And the peace of God, which passeth all understanding,
(Philippians 4:7)

Let's look at what this means. It literally means “the peace which God has.” How many of you would have enough information in order to write an essay about how God gets worried? Have you ever seen God worry? Have you ever seen Him anxious? Have you ever seen Him frustrated? Have you ever seen Him fearful of the future? Have you ever seen the details of life overcome Him?

The literal translation, “the peace of God” does not mean an imitation of God's kind of peace. Nor does it mean peace with God, we are given that at the cross. It does mean the degree to which you toss your cares on God as I Peter 5:7 says, “casting all of your cares upon Him.” If you are a fisherman, when you cast something you do not just go out into the water and hand something to the fish and draw it back. You throw out your line; you cast it out. When you cast your cares upon Him, He will fill you with the very character of God Himself, which is His peace. This is a promise.

This is the peace that passes—*huberesko*, which means to go beyond or surpass. It surpasses all understanding. The word literally means intelligent insight that produces action. In other words, the human mind, even the Christian mind, cannot totally understand or comprehend the peace of God. Be that as it may, it is a gift given to every believer who takes his worries and gives

God's Prescription for Worry

them to God one at a time through prayer, supplication and thanksgiving.

What happens and what does that peace do? This peace

shall keep your hearts and minds through Christ Jesus.

(Philippians 6:7b)

The word keep is the Greek word *phraeo* which literally means a garrison or to garrison about. It is the same word used to describe “keep” in the center of the castle where the enemy could not approach and take over. It is not the same word that is used to keep your mind focused on, but it has with it the context of enforceable power. It is the same word used in I Peter 1,

Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead,

To an inheritance incorruptible, and undefiled, and that fadeth not away, reserved in heaven for you,

Who are kept by the power of God... (I Peter 1:3-5a)

It is a word that means to garrison about in such a way that the enemy cannot intrude upon your salvation. That is the word that is used relating to the peace that is given when we trade our worries for God's peace at the throne of grace. It will keep our hearts, which is the point of our vulnerability, and it will keep our minds, which is the point of our accessibility, through Christ Jesus, this is the end of the verse. “Through Christ Jesus” means through His energy, not ours.

Now we are going to have the V.A.T., (Russell's Very Amplified Translation) of Philippians 4:6-7 based on this understanding. Let's re-defined these two verses according to what we have learned.

You are instructed by God and therefore expected to never at any time be controlled by anxiety or distracted by worries. In contrast, you are instructed by God and therefore expected to face very circumstance or need in the following way.

First, communicate with God until you gain His perspective.

Second, specifically ask where there are specific needs in order to take His perspective and apply it to that particular thing that is making you anxious.

Third, offer up praise and gratitude even in advance for what

God's Prescription for Worry

God has done, and even and especially, for what He has not yet done but will do. By doing this, you receive a proportionate guarantee that God will envelop you and surround you, giving you His tranquil responses and thoughts, energized by the power of Jesus Himself.

Your license has been revoked. This is what Philippians 4:6-7 say. If this is what it literally means, then God has revoked your license to worry. Tear it up. It is no good anymore. In essence, there are three basic enemies to the grace of God. These are, works, worth and worry. Works are those things we can do to merit God's favor, and they destroy the meaning of His work. Worth is what we can be to merit God's favor and that destroys the meaning of His worth. Worry is what we can be anxious over to frustrate the sovereignty of God and that rebukes His word and His ways.

These three things are enemies of God, works, worth and worry. We focused this lesson on worry and what it does to alter our Christian perspective. It is a deception of the enemy designed to take our eyes off of the Lord.

Have you ever noticed that we Christians can handle the big things of life? Most of us can handle the oil crisis. We look at it from a broad perspective. Most of us can even talk in bold terms about inflation. We can handle the Israeli war by speaking in terms of Scriptural promises. These are the big things of life that we Christians can often handle well.

Most of us are Walt Disney Christians. The reason is that the things we worry about are mostly Mickey Mouse. It is the little things that get us. We can handle the biggies and all of a sudden we will trip over an anthill. We can climb over the mountain and then fall over a pebble. Look at it this way:

Worry: It is the process of believing that God cannot meet your needs.

Worry: assuming responsibilities that God never intended us to have.

Worry: carrying burdens designed for the shoulders of God.

Worry: man's attempt to pretend he is God.

What are some of the things we worry about? We worry about *acceptance* even though Scripture tells us very clearly that we have been accepted as beloved of God. We are even promised

God's Prescription for Worry

When my father and my mother forsake me, then the LORD will take me up. (Psalm 27:10)

We have been instructed in Scripture that

For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end. (Jeremiah 29:11)

For I know the plans I have for you, says the Lord. They are plans for good and not for evil, to give you a future and a hope. (Jeremiah 29:11 TLB)

We worry about the enemy, don't we? We wonder what he is going to do next. The Scripture very plainly says,

Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest. (Joshua 1:9)

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. (Isaiah 41:10)

He has promised us that no enemy shall have the upper hand with us, yet we worry.

We worry about our provisions, but the Lord has said,

But my God shall supply all your need according to his riches in glory by Christ Jesus. (Philippians 4:19)

Has He not reminded us to

Consider the lilies of the field, how they grow; they toil not, neither do they spin:

And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. (Matthew 6:28b,29)

We worry about what to say yet the Scripture tells us that the Holy Spirit in the proper moment will give us the words to speak.

...take no thought beforehand what ye shall speak...but whatsoever shall be given you in that hour, that speak ye: for it is not ye that speak, but the Holy Ghost.

(Mark 13:11)

And the list goes on. We worry about tomorrow but God has promised us,

Take therefore no thought [fear not] for the morrow: for the morrow shall take thought for the things of itself. Sufficient

God's Prescription for Worry

unto the day is the evil thereof. (Matthew 6:34)

We worry about death but we are told

Precious in the sight of the Lord is the death of his saints.
(Psalm 116:15)

In Revelation we are told of a new Jerusalem and a new heaven and a new earth coming down from God out of heaven, where there will be no tears, no fear, no pain and no sin. And yet we still worry about death.

We worry about our businesses or our jobs, yet we are told

For what shall it profit a man, if he shall gain the whole world, and lose his own soul?
(Mark 8:36)

So the problem is that our worries are based on a wrong perspective. Our perspective is of things, flesh and world. God's perspective concerns things of the spirit, things that are eternal. Because of this conflict, we feel that we have to play God and rob Him of His sovereignty.

I want to give you an outline for this lesson.

I- The Principle (Philippians 4:6,7)

II- The Portrait (II Chronicles 19,20)

A- The Prelude (II Chronicles 19:4-11)

B- The Panic (II Chronicles 20)

1- The warfare

2- The warning

3- The worry

4- The way to respond

C- The Prayer

D- The Plan

E- The Praise

F- The Process

G- The Postscript

III- The Practicality

I- THE PRINCIPLE (Philippians 4:6-7)

I want to give you an observation to think about in the days to come. I believe in the most part, we find the principles in the New Testament. We find the portraits that explain the principles dynamically expressed through the children of Israel in the Old Testament. You will notice that if you are interested in concepts

God's Prescription for Worry

of growth, spiritual warfare, obedience, God's faithfulness and many other topics, you will find the principles clearly defined in the Word in the New Testament. But you can then go back into the Old Testament and examine the children of Israel as they lived and ate and breathed in the presence of God. They portrayed those principles through God's perspective, man's response and the consequences.

II- THE PORTRAIT (II Chronicles 19,20)

What we are going to do is to take a look at the portrait of Philippians 4:6-7 as seen in II Chronicles 19 and 20. I am going to ask you to superimpose the Philippians passage one phrase at a time onto the II Chronicles passage. This passage begins with Jehosaphat.

The Prelude

Now there were three things that happened in Jehosaphat's realm that led up to this illustration of worry. These three things were repentance (verse 4), restoration of order (verses 5-6) and reverence (verses 7-11). Let's turn to that passage now,

So Jehoshaphat dwelt at Jerusalem; and he went out again among the people from Beersheba to the mountains of Ephraim, and brought them back to the Lord God of their fathers.
(II Chronicles 19:4 NKJV)

This is the repentance. The children of Israel had turned back to God. We continue,

Then he set judges in the land throughout all the fortified cities of Judah, city by city,

and said to the judges, "Take heed to what you are doing, for you do not judge for man but for the LORD, who is with you in the judgment."
(II Chronicles 19:5,6 NKJV)

Secondly we see in the next two verses that he restored order back to the land by sending judges throughout all of the land. He told them to be careful in what they did as the Lord was with them in their judgments. Next we see the following,

"Now therefore, let the fear of the LORD be upon you; take care and do it, for there is no iniquity with the LORD our God, no partiality, nor taking of bribes.

Moreover in Jerusalem, for the judgment of the LORD and for controversies, Jehoshaphat appointed some of the Levites and priests, and some of the chief fathers of Israel, when

God's Prescription for Worry

they returned to Jerusalem.

And he commanded them, saying, "Thus you shall act in the fear of the LORD, faithfully and with a loyal heart:

Whatever case comes to you from your brethren who dwell in their cities, whether of bloodshed or offenses against law or commandment, against statutes or ordinances, you shall warn them, lest they trespass against the LORD and wrath come upon you and your brethren. Do this, and you will not be guilty.

And take notice: Amariah the chief priest is over you in all matters of the LORD; and Zebadiah the son of Ishmael, the ruler of the house of Judah, for all the king's matters; also the Levites will be officials before you. Behave courageously, and the LORD will be with the good."

(II Chronicles 19:7-11 NKJV)

In these verses he told them to behave themselves and let the fear of God be upon them. He told them that God doesn't tolerate sin no matter who you are and you can't bribe Him. The priests were to judge the controversies in verse 9. In verse 11 chief priests were set up over the people over all matters. He got organized and disciplined. He restored order and a spiritual walk in the nation of Israel.

The Panic

With this as our background, turn to II Chronicles 20 as we see The Panic. In verse 1 we see the warfare that follows obedience.

It happened after this

(II Chronicles 20:1a NKJV)

This means after the children of Israel had repented and gotten their house in order and begun to be disciplined and organized and orderly in their walk with God, this happened:

that the people of Moab with the people of Ammon, and others with them besides the Ammonites, came to battle against Jehoshaphat. (II Chronicles 20:1 NKJC continued)

The Warfare

First of all, have you ever noticed the points in your life when you become the most obedient to God is the time when there seems to be the greatest amount of spiritual warfare? Most of us feel, "Lord, I'm finally spending time alone with You in the Word, I am doing all of the things I am supposed to be doing. Lord, You ought to leave me alone now."

God's Prescription for Worry

Look at Job. Here was the most obedient man God had. God turned to Satan and said, "Let's try him." Some of you here are really grasping at the fact that when you really get your house in order, problems get greater. This is true because there comes with discipline and a walk with God, the test. The warfare follows obedience. The children of Israel had their house in order and here comes the enemy.

The Warning

Secondly, there is a warning that comes before the battle. Sensitive saints hear the rustling of the enemy.

Then some came and told Jehoshaphat, saying, "A great multitude is coming against you from beyond the sea, from Syria; and they are in Hazazon Tamar" (which is En Gedi)

(II Chronicles 20:2 NKJV)

There is a sensitivity in the hearts of believers when they are in fellowship with God that lets them know that spiritual warfare is on the way.

The Worry

Thirdly, look at the worry that comes during panic.

And Jehoshaphat feared, (II Chronicles 20:3 NKJV)

If we could write an overlay on top of II Chronicles 20:1-4 it would say, "Be anxious for nothing."

The Way to Respond

The fourth thing in this passage is the way God desires for us to respond.

and set himself to seek the LORD, and proclaimed a fast throughout all Judah.

So Judah gathered together to ask help from the LORD; and from all the cities of Judah they came to seek the LORD.

(II Chronicles 20:3b,4 NKJV)

Look what the response of one godly man did. One godly man in the whole nation came to seek the Lord and the rest followed. The first measure of a stature of a man is how long it takes him to go from panic to prayer. The second most important thing is how long it takes him to go from panic to prayer to praise.

Jehosaphat had memorized Philippians 4:6-7 in Vacation Bible School. He knew what was coming and he knew what he

God's Prescription for Worry

was supposed to do. We will see in a moment that his response was perfect.

C- The Prayer

The prayer begins in verse 5 and goes through verse 13. An overlay for verses 5-11 could read, In everything by prayer. Verses 12,13 an overlay could be, "In everything by supplication."

Then Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the LORD, before the new court,
(II Chronicles 20:5 NKJV)

The neat thing to remember is that when you want to get God's perspective in prayer, which is communicating with God until you gain His perspective, you have to always focus on four things: His Word, His Worth, His Works and His Ways. These four things are always essential. In every prayer in Scripture, you will find those four things emerge. These four things will rise to the top in Jehosaphat's prayer. In verse 6 he talks about the works of God.

and said: "O LORD God of our fathers, are You not God in heaven, and do You not rule over all the kingdoms of the nations, and in Your hand is there not power and might, so that no one is able to withstand You?"

(II Chronicles 20:6 NKJV)

He is saying, "God, look who You are." God knew that, but now Jehosaphat was beginning to figure it out. The people were also. In verse 7 we see he dwells on the works of God,

"Are You not our God, who drove out the inhabitants of this land before Your people Israel, and gave it to the descendants of Abraham Your friend forever?"

(II Chronicles 20:7 NKJV)

Starting in verse 8 and then on into verse 9, he majors on the Word of God.

"And they dwell in it, and have built You a sanctuary in it for Your name, saying,

If disaster comes upon us— sword, judgment, pestilence, or famine —we will stand before this temple and in Your presence (for Your name is in this temple), and cry out to You in our affliction, and You will hear and save."

(II Chronicles 20:8,9 NKJV)

They were claiming God's promise. We continue in verse 10

God's Prescription for Worry

with God's ways-

“And now, here are the people of Ammon, Moab, and Mount Seir —whom You would not let Israel invade when they came out of the land of Egypt, but they turned from them and did not destroy them—

here they are, rewarding us by coming to throw us out of Your possession which You have given us to inherit.”

(II Chronicles 20:10,11 NKJV)

We see the ways of God. He often allows just enough of the enemy's presence to get our attention. You may say, “If I were God, I would have destroyed them entirely.” But God's ways are not so. The Word, the Works, the Worth and the Ways are shown in these verses.

As we pursue these passages, I am going to ask you to memorize five passages. The first is verse 12. It is the verse of supplication.

“O our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon You.”

Now all Judah, with their little ones, their wives, and their children, stood before the LORD.

(II Chronicles 20:12,13 NKJV)

D- The Plan

This is the key to worry. When you come to the Lord in prayer, honest surrender is the key. The people said, “Lord, we have no might, we have no wisdom. We don't have the power or the brains. So Lord, this is yours.” Look at God's beautiful response as we look at The Plan. God comes back in verses 14-19 and has Jahaziel stand up and respond on His behalf. Today our response would come by the Spirit through the Word, but here He spoke in the midst of the congregation through Jahaziel.

Then the Spirit of the LORD came upon Jahaziel the son of Zechariah, the son of Benaiah, the son of Jeiel, the son of Mattaniah, a Levite of the sons of Asaph, in the midst of the assembly.

And he said, “Listen, all you of Judah and you inhabitants of Jerusalem, and you, King Jehoshaphat! Thus says the LORD to you: ‘Do not be afraid nor dismayed because of this great multitude, for the battle is not yours, but God's.’”

(II Chronicles 20:14,15 NKJV)

God's Prescription for Worry

Verse 15 is the second verse I would like to ask you to memorize,

‘Do not be afraid nor dismayed because of this great multitude, for the battle is not yours, but God’s’.

(II Chronicles 20:15 NKJV)

What a deep breath we can take when we hear that. You may think, “You mean it is not my responsibility?” No it is not. If it was, we would be in trouble. Let’s continue in verse 16,

Tomorrow go down against them. They will surely come up by the Ascent of Ziz, and you will find them at the end of the brook before the Wilderness of Jeruel.

(II Chronicles 20:16 NKJV)

Isn’t this interesting? God did not remove the conflict, He changed the perspective. What we would like to do is to say, “Lord, I prayed about it, now take it away.” God says, “Yes, you did pray about it. Now put on your armor and let’s go into battle.” What do we usually like to do when we put on our armor? Go to bed? Thi is not very comfortable to try to rest or sleep in. When you put on your armor, you go to battle. That is what they did here. As we continue, the third verse I would like you to memorize is verse 17.

“You will not need to fight in this battle. Position yourselves, stand still and see the salvation of the LORD, who is with you, O Judah and Jerusalem!’ Do not fear or be dismayed; tomorrow go out against them, for the LORD is with you.”

(II Chronicles 20:17 NKJV)

What a wonderful thing, we do not have to fight the battle. However, we do have to do three things: 1) set yourselves, 2) stand still and 3) see the salvation of the Lord. What a relief to know that the Lord will be with us in the battle. We need to do three things, set, stand and see. We need to set to release our responsibility into God’s hands and say, “I can’t. He can.” We need to stand showing our readiness with the attitude of wherever He leads, I will go. We need to lastly have a spirit of expectation to see what great things the Lord has in store for those who love Him. Let’s see the response in verse 18.

And Jehoshaphat bowed his head with his face to the ground, and all Judah and the inhabitants of Jerusalem bowed before the LORD, worshipping the LORD.

(II Chronicles 20:18 NKJV)

God's Prescription for Worry

Worship. This is where it is. The people worshipped. They had gained God's perspective. They had asked God's counsel. They then fell before Him to worship.

E- The Praise

We see this in these verses

Then the Levites of the children of the Kohathites and of the children of the Korahites stood up to praise the LORD God of Israel with voices loud and high.

So they rose early in the morning and went out into the Wilderness of Tekoa; and as they went out, Jehoshaphat stood and said, "Hear me, O Judah and you inhabitants of Jerusalem: Believe in the LORD your God, and you shall be established; believe His prophets, and you shall prosper."

(II Chronicles 20:19,20 NKJV)

Verse 21 is the fourth verse I would like to ask you to memorize. It is a beautiful passage.

And when he had consulted with the people, he appointed those who should sing to the LORD, and who should praise the beauty of holiness, as they went out before the army and were saying: "Praise the LORD, For His mercy endures forever."

(II Chronicles 20:21 NKJV)

F- The Process

This is a beautiful illustration of Christian leadership. They consulted with the people then, appointed leaders. But in the process of that, they did not appoint warriors; they appointed singers to go before the warriors to praise God. They began the process of praise beforehand. Does that sound familiar? Philippians 4:6-7. The next point is The Process. You can overlay over verses 22-28, With Thanksgiving.

Three things are important here. We look in verse 21 to see Singing Saints in preparation. In verse 22 we see Singing Saints in confrontation. In verses 26-28 we see Singing Saints in celebration. What did He tell them to do? Sing. You may think, "Surely God and Jehosaphat neither one understood the gravity of this battle." No, I think they did. The singing was an exercise of faith which put the responsibility of the battle in the only place it could be which was on the shoulders of God. In advance they began to praise and sing, rejoicing in the victory.

You and I have legitimate worries, but they are not ours. We

God's Prescription for Worry

are told to take them to the throne of God and get His perspective and ask Him to take them over. We are then to begin to sing and praise Him. The process of singing releases the divine spiritual energy we need. Some of us need to sing in our hearts just for the sake of the people around us.

The fifth verse I want you to memorize is verse 22. It is the most beautiful part of the whole passage,

Now when they began to sing and to praise, the Lord set ambushes against the people of Ammon, Moab, and Mount Seir, who had come against Judah; and they were defeated.

(II Chronicles 20:22 NKJV)

The enemy was utterly defeated. Utterly defeated when they did what? When they began to sing and to praise. They sang before, they sang during and they sang after the conflict. We can skip down to verse 27 to see that they returned to go again to Jerusalem with joy because the Lord had made them rejoice over their enemies.

Then they returned, every man of Judah and Jerusalem, with Jehoshaphat in front of them, to go back to Jerusalem with joy, for the LORD had made them rejoice over their enemies.

So they came to Jerusalem, with stringed instruments and harps and trumpets, to the house of the LORD.

(II Chronicles 20:27,28 NKJV)

G- The Postscript

You can overlay over verses 29-30, the peace of God which passeth all understanding shall keep your hearts and minds in Christ Jesus. In verse 29 we see two things. We notice the respect of the enemy and the realm of peace. The enemy has a firm respect for those who praise God in the midst of the battle.

And the fear of God was on all the kingdoms of those countries when they heard that the LORD had fought against the enemies of Israel.

Then the realm of Jehoshaphat was quiet, for his God gave him rest all around.

(II Chronicles 20:29,30 NKJV)

III- THE PRACTICALITY

In closing we need to see that the principle is clear. The portrait illustrates it very well from the Word of God. The problem is the practicality. All of us have problems. All of us have worries.

God's Prescription for Worry

We worry about our job. We worry about our health. We worry about our family. We worry about our friends. We worry about our money. But what God is telling us to do from this passage is to walk more often into the Grace National Bank.

When you enter the Grace National Bank, you will find a very calm and serene atmosphere. As you walk up, you will see one window. Behind that window is the teller who is the Holy Spirit. He is asking you to bring Him every worry you have and make an exchange. He wants you to come up to the window, hand Him each worry, which has no marketable value but that is the kind of deals God always makes. In exchange for that worry, He will give you back an equal amount of the peace of God. Every worry that you exchange will give you more grace, which gives you more peace.

If we are honest with ourselves, the more we have to worry about, the more excited we ought to become because more peace is available by virtue of the grace of God. Grace National Bank will never run out of funds. They are insured because they are members of the FDIC, which stands for Father's Deity available In Christ. All that God is is available to all that man will ever need. There is no inflation. The price was paid for 2,000 years ago.

I would like to make one more important statement. This promise is conditional upon one thing. As you walk up to the window to trade in your worries for peace, you are asked for some identification. Your I.D. card must have stamped upon it the seal of the Holy Spirit, which is the earnest of our inheritance. In other words, you must have been born again.

The exciting thing is that there is another window just a few feet away. Behind that window stands One who has hands have nail scars. These hands reach out to yours and say, "Whosoever will, come. You come to Me and I will make you an exchange. You can trade all of your sin for all of My righteousness." This is another one of God's beautiful transactions. When you have done that, you will be sealed with the Holy Spirit. From that point forward, you can trade all of your cares for the peace of God.

If you can identify with the need to transfer worries for peace, but somehow have never entered into peace with God, I want to encourage you in your own heart to ask the Spirit to let Jesus come into your heart. He will take all of your sins and replace it

God's Prescription for Worry

with His righteousness.

If you are a Christian but you have been frustrated like so many of us and have not grasped the reality that the peace of God is given to us that freely and the command to exchange worries for peace is so clear, take this moment to give God back the things you are worried about.

dtm DISCIPLESHIP TAPE MINISTRIES, INC.

10602 Mossbank, San Antonio, TX 78230

210-226-0000 or 1-800-375-7778

www.dtm.org • dtm@dtm.org • © Russell Kelfer

(07.02.15)