



"CHOOSING FAITH OVER WORRY" 2 TIMOTHY 1:7

DR. ROBERT JEFFRESS
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Introduction: Anxiety is a common problem for everyone -- including Christians. Worry not only saps the joy out of our lives today, it paralyzes us from fulfilling our dreams for tomorrow. Today we are going to explore what God's Word says are the causes and the cure for worry.

I. The Devastating Effects Of Worry

A. Emotional Impact

B. Physical Impact

C. Spiritual Impact

Luke 8:14 "And the seed which fell among the thorns, these are the ones who have heard, and as they go on their way they are choked with worries and riches and pleasures of this life, and bring no fruit to maturity."

John 14:27 "Peace I leave with you; My peace I give to you; not as the world gives, do I give to you. Let not your heart be troubled, nor let it be fearful."

Hebrews 11:1 "Now faith is the assurance of things hoped for, the conviction of things not seen."

Definition of an attitude: Attitude is our mental and emotional response to the circumstances of life.



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II. Three Major Causes Of Worry

A. Wrong Value System (Matthew 6:19-20)

Matthew 6:19-20 ¹⁹ "Do not lay up for yourselves treasures upon earth, where moth and rust destroy, and where thieves break in and steal. ²⁰ But lay up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal."

B. Unconfessed Sin (Psalm 32:3-4)

Psalm 32:3-4 ³ "When I kept silent about my sin, my body wasted away through my groaning all day long. ⁴ For day and night Thy hand was heavy upon me; my vitality was drained away as with the fever heat of summer."

Isaiah 32:17 "And the work of righteousness will be peace, and the service of righteousness, quietness and confidence forever."

Daniel 6:10 "Now when Daniel knew that the document was signed, he entered his house (now in his roof chamber he had windows open toward Jerusalem); and he continued kneeling on his knees three times a day, praying and giving thanks before his God, as he had been doing previously."

Daniel 6:18 "Then the king went off to his palace and spent the night fasting, and no entertainment was brought before him; and his sleep fled from him."

C. Satanic Attack (Ephesians 6:13-18)

Ephesians 6:16 "In addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming missiles of the evil one."

2 Timothy 1:7 "For God has not given us the spirit of timidity, but of power and love and discipline."



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III. Choosing Faith Over Worry

A. Repent of Known Sin in Your Life (1 Corinthians 11:31)

Colossians 3:1-2 ¹ "If then you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. ² Set your mind on the things above, not on the things that are on earth."

Hebrews 12:6 "FOR THOSE WHOM THE LORD LOVES HE DISCIPLINES, AND HE SCOURGES EVERY SON WHOM HE RECEIVES."

1 Corinthians 11:31 "But if we judged ourselves rightly, we should not be judged."

B. Remove Unnecessary Fear (Ephesians 6:14)

Ephesians 6:14a "Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH..."

1 Peter 1:13a "Therefore, gird your minds for action..."

C. Remember God's Past Faithfulness (Psalm 3:1-6; 1 Samuel 17:37)

Psalm 3:1-2 ¹ "O LORD, how my adversaries have increased! Many are rising up against me. ² Many are saying of my soul, 'There is no deliverance for him in God.'"

Psalm 3:3-6 ³ "But Thou, O LORD, art a shield about me, my glory, and the One who lifts my head. ⁴ I was crying to the LORD with my voice, and He answered me from His holy mountain. ⁵ I lay down and slept; I awoke, for the LORD sustains me. ⁶ I will not be afraid of ten thousands of people who have set themselves against me round about."

1 Samuel 17:37a "And David said, 'The LORD who delivered me from the paw of the lion and from the paw of the bear, He will deliver me from the hand of this Philistine.'"



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D. Remain in Contact with God (Philippians 4:6-9)

Philippians 4:6-7 ⁶ "Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus."

Philippians 4:8-9 ⁸ "Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence, and if anything worthy of praise, let your mind dwell on these things. ⁹ The things you have learned and received and heard and seen in me, practice these things; and the God of peace shall be with you."

Conclusion