

The Prisonhouse Of Worry
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Worry by definition is a troubled and distressed state of mind. It is quite literally a state of mental pain and grief associated with past events or assumed future troubles. Worry is also defined as care and anxiety. We find these two similar concepts wrapped in the word "careful" in Phil. 4:6 where we read this admonition from our heavenly Father, "Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God."

Do we not see the heart of a loving and doting Father seeking to spare his children from the mental anguish and stress that robs them of the peace of God that passes all human understanding?

The word "careful"(full of care or concern) actually carries the meaning of anxiety and worry. Our Father is warning his beloved children about the mental impairment that is forthcoming to those that choose to disobey this crucial admonition. He implores us to not be too full of care or concern for even one little thing. We are to worry about NOTHING or NO THING.

We are clearly disobeying our Father if we choose to WORRY about our troubles, trials, distresses, sorrows, losses, adversities, misfortunes, regrets, or ANY THING that brings sadness our way. If we are to maintain our victory and joy in the Lord, we MUST "IN EVERY THING by prayer and supplication WITH THANKSGIVING let your requests be made known unto God." If and only if we will obediently choose at the moment of our tribulation to do this, our Father gives us a beautiful and supernatural promise in verse 7 in these words, "And the PEACE OF GOD, which passeth all understanding, SHALL KEEP YOUR HEARTS AND MINDS through Christ Jesus." In the big picture of these transformational truths, God is revealing that the manner in which we respond to outside stimuli that can dreadfully affect our mind and heart will determine our MENTAL AND EMOTIONAL STABILITY. Please take note of the words "will determine".

If we choose to obey God and "Be careful for nothing" (no thing), we will determine at that moment to maintain our mental and emotional stability. Our choice not to worry must be accompanied by our choice to let our requests be made known unto God WITH THANKSGIVING. In order to understand this supernatural undertaking, we need to understand that when our Father inspired these truths, he did so with the desire for them to be received into the hearts and minds of his children. He also knew that the natural or old man with a carnal mind "receiveth not the things of the Spirit of God". (I Cor. 2:14) In other words, he knew that only his children that would be walking in the Spirit could receive these truths into their heart and apply them. All of that being said, God knew that only his children that walk in his Spirit could actually pray in the power and person of the Holy Ghost in their hour of immeasurable

cost and loss. Let it be understood that only believers that walk in the Spirit can respond to tragedy and tribulation and hardships in the Spirit. Instead of choosing to respond in the flesh with anxiety and worry, which produce mental anguish and torment, believers that are walking in the Spirit are empowered to pray with the peace of God that passes all human understanding, with supernaturally provided thanksgiving. This supernatural spirit of thanksgiving, bathed in the peace of God is available to those believers that choose to be careful for nothing, when being distraught with worry and anxiety would seem to be the natural thing to do. The Prisonhouse Of Worry Part 2 Phil. 4:5 says, "Let your moderation be known unto all men. The Lord is at hand."

The Lord prefaces his secret to escaping the prisonhouse of besetting anxiety and worry in verses 6-7 with a stage setting principle. This principle is that he expects us to conduct ourselves in such a way that our MODERATION is known to ALL MEN. By definition in this context, moderation carries the idea of maintaining CALMNESS while BEARING ADVERSITY or afflictions. Our Father wants our public testimony to declare that "THE LORD IS AT HAND". The idea here is that he is a very present living help and hope when trouble comes. In the light of these truths, we are admonished with our duty and responsibility in mind, not to appear weak and faithless when our faith is tried by tribulations. It says in Job that man that is born of woman is of few days and full of troubles. Welcome to life!! Jesus said in Jn. 16:33, "In the world ye shall have tribulation: BUT BE OF GOOD CHEER; I have overcome the world." Glory! This same author says in I Jn. 5:4, "For whatsoever is born of God OVERCOMETH the world: and this is the VICTORY that overcometh the world, EVEN OUR FAITH." A victorious believer that walks and responds to troubles in the Spirit is a VICTORIOUS CHRISTIAN that is an OVERCOMER. A defeated believer is one that walks and responds to trouble in the flesh and is overcome. This believer is spiritually unstable in mind and emotions. This instability includes the affections, evidenced SO MANY TIMES by being unloving and hateful toward God and man. Sad to say, we can all become that defeated believer that is overcome by anxiety and worry at times. We become big carnal babies when everything doesn't go our way! We cry and moan and complain to God and man! When we walk in the Spirit, we have the God given faith and power to be cheerful overcomers, being CAREFUL FOR NOTHING. We also are equipped to be of good cheer! By definition, cheerfulness is a state of gladness or joy above gloom and depression of spirit. It encourages the soul to dispel sorrow and even lifeless apathy that produces depression. Being of good cheer, with a joyful spirit showcases the person and power of Christ to ALL MEN. The warning, "Be careful for NOTHING" is of critical importance in our Father's mind and heart, perhaps because our response declares to ALL MEN His care and faithfulness to his children. Making it clear that "The Lord is at hand", and readily available, God reveals that the secret to maintaining calmness and the peace of God, that surpasses human understanding, is making known to our Lord IN FAITH our requests, TRUSTING that HE CARES. If we follow the mind of the Father through his Spirit into verse 8, we will fall headlong into a SPIRITUAL PANACEA OF LIVING AND HEALING WATERS of Abundant Life!! How so? Let us consider these words spoken out of the abundance of our Father's heart and mind: "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, THINK ON THESE THINGS." Could we not agree that our Father was in essence saying, "Think on these things", AND on

"nothing" that would produce FAITHLESS ANXIETY AND WORRY? Would it not also be appropriate to rest assured that to "Think on these things" would be our Father's antidote to anxiety and worry? Can we not yet hear a note of compassionate urgency in our Father's voice in these words of deliverance, from a faithless state of stress, that decomposes our fellowship and relationship with the Father and the Son? Do we not also realize that worry and stress can decompose our physical health AS WELL? Let us never forget that our Lord desires to showcase his children's calm and peaceful response to whatever manner of tribulation and adversity comes their way unto ALL MEN. This in turn will showcase that our Lord is at hand, and compassionately caring for his children. When we respond by bringing our petitions to our Father with a praising and thankful faith, our Lord that is near, in the person of the Spirit of Christ, provides the peace of God that guards and stabilizes our emotions and affections, as well as our minds and our thinking. In this supernatural environment of spiritual stability, anxiety and worry are banished. "Finally brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, THINK ON THESE THINGS."

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Part 2

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