

Part 2 - Don't Worry, Trust God

Sermon Title: **Part 2 - Don't Worry, Trust God**

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C. Elijah Bronner: Don't use your energy to worry, use your energy to believe God's word.

Female: You are listening to brothersoftheword.com. This is Part 2 of the series titled, "Don't Worry, Trust God" by C. Elijah Bronner. This message is number 7716. That's 7716. Listen to over a thousand free messages on brothersoftheword.com.

(Music Playing 00:00:23 - 00:00:53)

Female: And now for 7716 "Don't Worry, Trust God" Part 2.

C. Elijah Bronner: Thank you for joining Brothers of the Word because brother, you need the word.

We welcome all of you joining us by television and those of you joining us online at brothersoftheword.com, stay tune to today's message. Always a wonderful, wonderful joy and delight to have you to tune in and join us.

Well, I would like to share just a little humor. In a small country church, suddenly at the altar, Satan appeared and everyone started screaming and running for the front entrance to exit, (00:01:29) each other in their determined efforts to get away from evil (00:01:33). And soon, everyone is evacuated from the church except for one man who sits calmly in His queue(ph) seemingly oblivious to the fact that God's ultimate enemy is in His presence. And this confuses Satan a bit and so Satan walks up to the man and says, "Hey, don't you know who I am?" The old man said, "Yup, should I do." Satan says, "Well, aren't you afraid of me?" The man says, "Nope, should I?" And Satan is a little prater(ph) and He says, "Why aren't you afraid of me?" The old man says, "Well, I've been married to your sister for the last 48 years."

I'm glad that women laugh, sometime women will get mad when they heard that. Well, so the women that get angry, there is another version with the wife sitting in church and she has been married with the devil's brother. Well, we're looking at particular scripture. Open the Book of 1 Peter 5, 1 Peter 5, I'm going to ask Avy(ph) if you put it on the screen for 1 Peter 5:7, and this is the amplified rendering, the Amplified Version. It says, "Casting the whole of your care, all of your anxieties, all of

your worries, all your concerns, once and for all on Him, for He cares for you affectionately, and cares about you watchfully.”

So, we're talking from the subject, "Don't Worry, Trust God" this is Part 2. Part 2, Don't Worry, Trust God. And so often we are burdened by so many different problems in life. And I like something that Lou Holtz said. Lou Holtz said, He said, "Don't tell your problems to people," He said, "Because 80% don't care and the other 20% are glad you have them." And so, aren't you glad that somebody cares when you feel like no one cares. Aren't you glad that we have somebody who cares, who cares, somebody who cares, somebody who cares.

In this particular scripture, it tells us how He cares in this particular scripture and I put the list there. He cares for us watchfully. He cares for us watchfully. He cares for us affectionately. Watchfully -- affectionately -- He always has His eye on you. He always has His eye on you. He cares for you affectionately with tender love, with tender love, affectionately. He cares for you. You are His personal concern. And what I'm sharing this list -- this actually different translations of that verse that really express the (00:04:16) of how God cares for us. You are His personal concern. His great interest is in you. His great interest is in you. He is concerned for you. He takes care of you. He takes care of you. So, God cares for us watchfully and affectionately. He cares for us. So, whenever you feel like no one cares, no one cares about your situation and no one cares about your problems, you can rest assured that you have someone who cares. He cares for you watchfully and He cares for you affectionately. Now, this verse, we start looking at last time.

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I want to show you the old testament counterpart to this verse is Psalms 55. Psalms 55 in verse 22. Psalms 55 in verse 22. We can put that one on the screen as well. Psalms 55 in verse 22. This is the old testament counterpart to 1 Peter 5:7 and notice what it says. "Cast thy burden upon the Lord -- Cast thy burden upon the Lord, and He shall sustain thee; He shall never suffer the righteous to be moved." The Amplified says, "Releasing the weight of it." So, releasing the weight of your burden, you give it to God. You're releasing the weight of it. Another word for or the imagery of it is "unload," the word "unload." So, you're

really unloading your heavy load when you give it to God. You're unloading your heavy load.

There is another similar word which is the word commit. You find it in Psalms 37, where it talks about, "Commit your way unto God; trust also unto Him; and He will bring it to pass." Commit your way unto God; trust also in Him; and He will bring it to pass. So, that word "commit" is very similar to the word "cast" and the word "commit" means to roll off unto, to roll off unto. And so, the imagery is -- now remember, I said the other word, the imagery means to unload, means to unload and commit means to roll off unto. The imagery is that of a camel and you know even today -- back in that day particularly, camels were loaded down. They were loaded down when they were used as transport. They were used to transport heavy shipments and so camels would be loaded down. And when they got ready to unload, they will first kneel down and then they will turn sideways to roll that load off. And so, this is the imagery of that word "cast" and the word "commit." It means to unload. Means to drop, unload, and roll off unto. So, you're dropping down and you're unloading, and you're rolling to the side, and you're rolling -- this imagery of you rolling your burden off of you, and given it to the Lord.

And so, when you're burden down, I think that it would be a great exercise for you to do. Kneel down by your bed, lean to one side. Literally, unload and roll it off unto the Lord. That's what you literally doing. He advises us to unload and roll it off unto Him and let Him take your burden.

Now, Psalms 55:22, it goes on to say, "Cast thy burden upon the Lord, and He shall sustain thee." He shall sustain thee. You look at the word "sustain" there -- I have the definition down the screen -- means to supply the means necessary for living. Now, this is what I read like about the word, actually the word, if you look right by the word, I have the Hebrews spelling is "C-H-U-L" -- C-H-U-L and it's pronounce "COOL." And so, that's a cool word. That's a cool word. So, the word sustain is actually pronounce "COOL" in the Hebrew and it has a cool definition -- it has a cool definition. So, when He says that, "He will sustain you," means He will supply the means necessary for living -- He will supply the means necessary for living. God will support, provide, nourish, maintain, defend, protect and uphold you. Isn't that cool?

Man, that's what happens. He said you give it to me. If you commit your way unto me, you roll it off unto me, I will sustain you, I will supply the means necessary for living, I will support you, provide for you, nourish you, maintain you, defend you, protect you, and hold you up. Man, that's what God -- that's what God -- that's what God -- that's what God -- He sustains us -- He sustains us -- He sustains us.

Now, flip over to Philippians 4:6 -- Philippians 4:6. God is so awesome. Philippians 4:6, and He invites us to cast our cares over on Him for He cares for us. Philippians 4:6, you'll see the same thing again. In the Amplified Bible it says, "Do not fret or have any anxiety about anything, but in every circumstance and in everything by prayer and petition, definite request with thanksgiving, continue to make your wants known to God."

00:09:53

In the King James Version, it simply says, "Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God." And so, this verse gives us -- gives us some wonderful keys about casting our cares over on Him. Number one, it tells us, "Don't worry. It tells us, "Don't worry, don't worry." Everybody say, "Don't worry." Don't worry, don't worry. It tells us don't worry.

And number two, it tells us to pray. It tells us to pray. It says, "Be careful for nothing. That's with don't worry part. Then, it says, "But in everything by prayer," it tells us to pray. Everybody say, "Pray." It tells us to pray. It tells us to pray. In other words, "Talk to God about it." Talk to God about it. Talk to God about it. Talk to God about it. Here is my little list, prayer is number two. This is where you talk to God about it. Don't worry, pray, talk to Him about it.

I love the way one translation, (00:10:53) it says, "Don't worry about anything, but pray about everything." Don't worry about anything, but pray about everything. Don't worry about anything, but pray about everything. Now, the next key that this verse gives us in Philippians 4 is to give thanks. Give thanks! Give thanks! Don't worry about anything, pray about everything, tell God what you need, and then thank Him for all that He has done. So, thanksgiving comes into play because

thanksgiving allows us to recall all of the wonderful things that God has done for us in our lives and when we begin to give thanks, we begin to realize that God has been with us all alone. We begin to recount His mercies. We begin to recount all the deliverances that He has wrote for us in the past. And so, when you're giving thanks, man, something happens because you begin to realize that if He did it for me then, He will do it for me now. And so, thanksgiving, it becomes a vital part of this, giving thanks -- someone said that previous experience is valuable because we learn somehow that He always comes through for us.

And so, we have previous experience. So, thanksgiving allows us to draw upon previous experiences and we are sure that He will provide for us now because He has done it in the past. And so, thanksgiving is powerful for allowing us to be grateful for everything that He has done. When you think about what He has done for you. And then, we give thanks in prayer because we are now giving thanks by faith and what is going to do for us. We are giving thanks about this current situation that we are praying about. We can give Him thanks in vast because we believe He hears and answers our prayers. And so, now we are able to say, "Father, thank you so much that I have already cast this worry, this care overall you, and I don't have to worry about, you're working it out for my good and I am going on to sleep." Praise God. So, we can give Him thanks for what he's going to do. So, thanksgiving is a big part of our faith.

And also, two verses later in verse 8. Philippians 4:6 is one we've just read, but also in Philippians 4:8 -- two verses later -- He gives another key. So, He has already given us three keys. He tells us to pray. He tells us don't worry. He tells us to pray. He tells us to give thanks. And then, the fourth key He tells you to change your thoughts, change your thoughts. William James said, He said, "Our greatest weapon against stress is our ability to choose one thought over another. And so, greatest weapon against stress is our ability to choose one thought over another. And so, Philippians 4:8 tells us to change our thought. It tells you to think on those things that are good rapport, those things that are honest, those things that are true, those things that are lovely, those things that are praise worthy.

If (00:14:12) prays those things that are pure. And so, it tells us how to construct our thoughts. It tells us how to change our thoughts so that we won't be filled with worry and concerns and

cares and anxieties. And number four is to change our thoughts. So, He told us, "Don't worry." He told us to pray. He told us to give thanks and now He says, "Change your thoughts." Change your thoughts. Now, under "Change your thoughts" I'll do A and B there and the A is to meditate on God's word. Meditate on God's word. Psalms 119:165 says that those that love God's law have great peace, not worried about anything. People that love God's law, that love His word they are at great peace.

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So, I'm going to say A on the change of thoughts is to meditate on God's word. Now, the word meditate means to think of something over and over. Meditate means to think of something over and over. Does that sound familiar, but that's the same thing worry is. Worry is thinking of something over and over. Worry is fear-based, meditate is faith-based. And so, one is based on fear and one is based on faith. And so, the scriptures exhorting us to meditate on God's word because that's going to be based on faith. I like something someone said, they said, "Don't use your energy to worry, use your energy to believe God's word." Don't use your energy to worry, use your energy to believe God's word. So, it means to think of something over and over, there is similar to worry and that's meditate. Meditate on God's word. Think about God's word over and over, over and over. And then, the second definition of meditate means to mutter, means to mutter, means to mutter, to say something softly to yourself, to mutter and that's very important.

I remember it. I learned this little exercise, years ago from Kenneth Copeland. I never forgot it but He gave this little exercise and I'm going to give it to you. In your mind, I want you to count to ten and I'm going to tell you to do something right in the middle of you count. So, right now everybody counts to ten in your mind, now say your name out loud. Now, what happen to the that count in your mind it stopped. And so, meditate means -- to mutter means to say something, why you're saying something so important? Because when you're having distracting thoughts, when you're having anxious thoughts, when you're having worried thoughts, if you will say something, your mind always has to stop to say what your mouth is saying. And so, if you will say something that's in line with God's word, you will arrest negative thoughts, you will arrest worry, and you will cause it to flee -- it'll flee. And so, in whenever you're

distress and you're thinking about how I'm going to make it, what's going to happen, just say something, "God is my helper and I am not afraid." Just say something out of your mouth, say something out of your mouth and then it put to stop those negative thoughts.

And so, that's what meditate means, it means to think about something over and over and it also means to mutter or say something. So, when you're bombarded by negative thoughts, start saying something. Open your mouth and say something. Man, you know what? God cares for me watchfully and affectionately. God cares for me watchfully. He is watching over me and He cares for me. Say, "I'll already cast that over on God. He cares for me. God is working this out on my behalf for my good. He loves me and if anybody bothers me, God is here to protect me and He is here to defend me. And so, you say that, you got that come out to your mouth. You get that come out to your mouth. He sustains me. He provides for me. He nourishes me. He supplies everything I need for living and so you got this kind of thing coming out of your mouth and it'll stop these distressing thoughts. And so, those are the four keys that we get from Philippians 4:6. He tells us, don't worry. He tells us to pray. He tells us to give thanks. He tells us to change our thoughts. And then, I give you two ways, change your thoughts by meditating on God's word and by muttering God's word.

And here's something else. Here's something else I thought about to help you with changing your thoughts and that is to develop ideas -- develop ideas -- develop ideas -- develop ideas. I like something that Deepak Chopra said -- He said, "The best use of your imagination is creativity. The worst use of your imagination is anxiety." And so, you should be using your thought life for creativity, for creating ideas, for working on things and so when you use your thought life for creativity for developing ideas, every minute you stand worrying is a minute stolen from creativity. Every minute, you stand worrying is a minute stolen from creativity. And so, that's a very (00:19:29).

Here's another key, this is actually number five on my list and that is to take positive action, take positive action, that will help you from worrying, take positive action. Somebody said, "You can't wring your hands and roll up your sleeves at the same time." So, when you decide to take positive action, you take some positive action, work on your ideas, work on your ideas or

decide to be a blessing to somebody. Get involved with blessing somebody else, volunteer, bless somebody else that will dissipate your worries as well. Take positive action.

00:20:02

Then, number six, the final point, I wanted to make about trusting God and not worrying is take advantage of natural distresses that are available to us. And I have listed some; rest, exercise, laughter, getting out in nature, getting out doors and just breathe and taking a deep breath, holding it, releasing it, you'll be surprised the benefits that that does to you just take a deep breath, hold on and then breathe out. To breathe, to get out into nature, whether you go to the mountains or to the lake or by stream or to the ocean, something about getting close to water. So, God has built something out in nature that distresses us. And because we can feel the glory of God, His fingerprints are all in creation, so when you get out in the nature, you reminded of the greatness of God. You reminded of the greatness of God. And when you reminded of the greatness of God, how can you worry because you realize that He is taking care of you. He is taking care of you. He is taking care of you. He is taking care of you.

I'm out of time but I'm going to say this anyway. I'm out of time, but I want to say this anyway. Open the Book of Isaiah 40, I believe it is verse 12. Don't hold me to that, I'm not 100% sure but it somewhere in that neighborhood. But it talks about how God took one drop of water in the palm of His hand, He measured out all the oceans on the earth from just one drop of water in His hand. In the bible says it took one speck of dust in His hand. He measured out all the mountains. He put all the mountains on a scale. The bible says that if you took all the nations and put them together compare to God is like a drop in a bucket. That's how great God is. That's how magnificent God is. That is how wonderful God is. That is how awesome He is. That He take all the oceans in the palm of His hand, He weighted the mountain perfectly. Took all the mountains in the palm of His hand. Weighed them all perfectly

This earth is perfectly balance throughout all of the wars, throughout all of the cataclysmic events that have happened, throughout all of the earthquakes. This is earth is perfectly balanced, perfectly weighted, spinning on its axis and they are

rotating around the sun perfectly. God did all of that. God calculated all of that simply by holding it in His hand, holding it in His hand, He held it in His hand. The same spirit that created all of this is the same spirit that controls your life, is the same spirit that directs your life, is the same spirit that takes care of you. It's the same spirit, the same spirit. God is so great. So, I love Isaiah right there because He just gives a little glimpse there. That's how great God. He said, He took all the nations, put them together by a drop in a bucket compared to God, drop in a bucket. (00:23:14) small we are compared to God. That He just held all the oceans in a palm of His hand, weighed them out. He said, "That's about right." Take all the mountains (00:23:26). God is awesome. God is awesome.

And when you think about that He is the same spirit that directs and controls every part of your life that's why we can trust Him. The same calculating spirit. Praise God. Give a Lord hands, praise God. Amen.

God just said, "Will you trust me, will you trust me? Do you think the problem is too big that I can't handle it? Huh, do you it's too big that I can't handle it? Do you think I'm (00:23:58)? Do you think I don't know what to do? Do you think I don't have resources?" Folks, God controls everything in heaven and earth. And He will move whatever He needs to move on your behalf. He will move it, He will control it, He will direct it on your behalf. He controls everything. He controls everything.

I was listening to the story, it was a kind of humorous but in fact you can go ahead and stand your feet because I'm not going to run over time but this just do some to my faith when I heard it but this guy was on the job, he did some type of construction, and he says he was way out in the country to get to this jobsite. And when he got out there, he realized he had forgotten a chain that he needed and he was too far from the city to try to get back home to get the chain to do his job and so he got a screw together, so he got to pray and ask God to send us the chain. The crew thought it was crazy. It let me (00:24:55) middle of nowhere (00:24:59).

00:25:00

And the man (00:25:01) and he pray. He said, "God, I got to do this job but I need my chain. I can't go back home to get it. Lord, send me a chain." He prayed and release his faith. But

the time the guy got his praying a pick-up truck came down the old dirt road where they were and it was coming fast, it was moving fast, full speed, and it was making a turn, right when they were in a turn, made a U-turn going back the other way and when it make the U-turn, the back gate fell down and a chain slipped out of it. A chain slipped off of it. And it (00:25:36) the man seat, (00:25:39) he said, "Thank you God." God is awesome. God just solves everything. There is nothing He can't do. God will give it to you anyway He needs to do it. He will give it to you. He controls everything in heaven and earth. He'll move heaven and earth. He'll move heaven and earth on your behalf. He'll move heaven and earth on your behalf. He controls it all. He controls it all. He controls it all. You don't have to worry. You don't have to worry. Trust God. Trust God. Praise God. Praise God.

Let's pray. Father, thank you so much. We love you Lord. Thank you for being so good, so trustworthy Lord. Thank you for providing for us. We love you Lord and just release our faith in you and I trust in you. We don't have to worry lord. We can roll off our cares over on you because you care for us. Thank you for teaching us to trust you. And that's in Jesus mighty name we pray. Amen.

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