

68. TOOLS TO CONQUER WORRY, FEAR and DEPRESSION

Bible Reading: Psalm 34, 37 and 139.

Introduction: We all go through trouble and suffering in this life, yet we can control our reaction to it and gain victory. "With God, nothing shall be impossible." Luke 1:37. God can cure our worries and depression only if we come to Him for comfort. The Bible is the book of comfort for us.

Question 1: Why do people get discouraged, depressed and worried?

Answer: By letting circumstances and events produce **fear** in their mind, rather than by keeping their **minds fixed** on the Lord. Isaiah 26:3 promises: "Thou wilt keep him in **perfect peace**, whose **mind is stayed on Thee**: because he **trusteth** in thee."

Question 2: What **TOOLS** can we use from the Bible to relieve worry?

TOOL 1: GET RIGHT WITH GOD and MAN.

If my fear or worry are due to **sins** that I have committed, **confess** it to God, and **make it right** with the one wronged. "Be ye kind one to one another, tenderhearted, forgiving one another, even as God for Christ's sake has forgiven you." Ephesians 4:32.

TOOL 2: DRAW NEAR TO GOD.

"Draw near to God and he will draw near to you. Cleanse your hands ye sinners. Humble yourselves in the sight of the Lord, and He shall **LIFT** you up." James 4:8,10. As we draw near to God, **He lifts us up**. I Peter 5:5-10.

TOOL 3: CAST ALL YOUR CARE UPON HIM.

"Casting all your care upon Him for he careth for you." I Peter 5:7. "Cast thy burden upon the Lord, and He shall sustain thee: he shall never suffer the righteous to be moved." Psalm 55:22.

TOOL 4: LEARN TO TRUST IN THE LORD'S GOODNESS.

Learn to **Trust** in the Lord's goodness, and power to always do what is right for us. "What time I am afraid, I will **trust in thee**." Psalm 56:3. "It is better to **trust** in the **Lord** than to put confidence in man." Psalm 118:8. "My God shall supply all your need." Philippians 4:19. "Trust ye not in a friend, **put not** confidence in a **guide**." Micah 7:5. "Whoso **trusts** in the **Lord**, **happy** is he." Proverbs 16:20. "Trust in the Lord with all thine heart....." Proverbs 3:5,6.

TOOL 5: THANK THE LORD FOR PAST BLESSINGS.

Thank the Lord for **past blessings** and use this to build your trust that your current problem will be solved. "It is a good thing to give thanks unto the Lord, and to sing praises to thy name." Psalm 92:1. "Enter his gates with thanksgiving and into his courts with praise.....be **thankful** to him and bless his name." Psalm 100:4. "In everything give thanks..." I Thessalonians 5:18.

TOOL 6: MEMORISE BIBLE VERSES THAT APPLY TO YOUR SITUATION, and OF GOD'S GOODNESS.

"But his **delight** is in the law of the Lord and in his **law** doth he **meditate** day and night. He shall be like a tree planted by the rivers of water whatsoever he doeth shall prosper." Psalm 1:2,3.

"...written for our learning that we through patience and comfort of the Scriptures might have hope." Romans 15:4.

"Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." Matt 4:4

TOOL 7: KEEP AWAY FROM UNGODLY, ANGRY, AGGRESSIVE, FOOLISH PEOPLE.

"Make no friendship with an angry man, lest thou learn his ways & get a snare to thy soul." Prov. 22:24

Most problems in life are caused by mixing with wicked or foolish people. Psalm 1:1-3.

TOOL 8: CONTROL WHAT YOU THINK ABOUT.

Only think about **good** things, not bad things. "As he thinks in his heart, so is he." Proverbs 23:7.

If you think about **good** things, you'll be **happy**. If you think about **bad** things, you'll be **depressed**.

"Whatsoever things are true honest just pure lovely.....good report..... virtue any praise, **think on these things**. Those things, which ye have both learned, and received and heard, and seen in me do: and the God of peace shall be with you." Philippians 4:8,9.

TOOL 9: LEARN TO WAIT PATIENTLY ON THE LORD.

Learn to **wait patiently** on the Lord and **not fret** because of **evildoers**.

"Fret not thyself because of evildoers." Psalm 37:1.

"Delight thyself also in the Lord.....He shall give thee the desires of thy heart. Commit thy way unto the Lord.....Rest in the Lord and wait patiently for Him." Psalm 37:4,5,7.

"My soul **wait** thou only upon God, for my expectation is from Him." Psalm 62:5.

"They that **wait** upon the Lord shall renew their strength." Isaiah 40:30-31.

TOOL 10: PRAY TO GOD IN TIMES OF SORROW.

Who do we seek counsel from in sorrow? It should be the Lord. Learn to pray effectively and fervently.

"Be careful for nothing, but in everything by prayer and supplication, with thanksgiving let your requests be made unto God." Philippians 4:6,7.

"Ask and it shall be given you; **seek** and ye shall find, **knock** and it shall be opened unto you." Matt.7:7

"They cried unto the Lord in their trouble, and he saved them out of their distresses." Psalm 107:13.

"If ye abide in me and my words abide in you, ye shall ask what ye will and it shall be done unto you." John 15:7. "Pray one for another, that ye may be healed." James 5:16.

"The Lord turned the captivity of Job, when he prayed for his friends." Job 42:10.

TOOL 11: EXPECT TROUBLE IN LIFE.

Then you won't get surprised when trouble comes. "In the world ye shall have tribulation." John 16:33.

"We must through much tribulation enter into the Kingdom of God." Acts 14:22.

"Many are the afflictions of the righteous, but the Lord delivers him from them all." Psalm 34:19.

"We are troubled on every side yet not distressed...." II Corinthians 4:8.

"Our light affliction which is but for a moment, works for us a far more exceeding and eternal weight of glory." II Corinthians 4:17. "Let not your heart be troubled." John 14:1.

TOOL 12: BEWARE OF BELIEVING WRONG DOCTRINES or WRONG IDEAS.

Develop consistency, stability, faithfulness, commitment and reliability. "Be not carried about with strange doctrines. It is a good thing that the heart be established with grace." Hebrews 13:9.

"Beware lest any man spoil you through philosophy and vain deceit..and not after Christ." Colossians 2:8.

TOOL 13: FIX YOUR MIND ON HEAVEN, THE KINGDOM OF GOD and ON CHRIST'S SECOND COMING.

"I will come again and receive you unto myself..." John 14:3.

"Set your affection on things above and not on things on earth." Colossians 3:2. (Matthew 6:33.

"Seek ye first the kingdom of God and his righteousness and all these things shall be added unto you."

"When Christ who is our life shall appear, then shall ye appear with him in glory." Colossians 3:4.

TOOL 14: LIVE ONE DAY AT A TIME.

Don't bring yesterday's problems forward to worry about today. Don't bring tomorrow's problems back to worry about today. "Take no thought for tomorrow: for tomorrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof." Matthew 6:34.

TOOL 15: FORGET THE PAST.

Forget the past, you can't change it, and **let God take care of the future**. "Forgetting those things which are **behind** and **reaching** forth unto those things are before (ahead)..." Philippians 3:13.

"We **wept** when we **remembered** Zion." Psalm 137:1. "Thou shalt forget all thy misery." Job 11:16.

"God has made me to forget....all my toil, and my father's house." Genesis 41:51.

TOOL 16: BE FILLED WITH THE HOLY SPIRIT.

Ephesians 5:18.
"The **fruit** of the **Spirit** is **love, joy, peace**, long suffering, gentleness, goodness, faith, meekness, temperance." Galatians 5:22,23. Be filled with the **Holy Spirit**, not filled with **Self**.

TOOL 17: THINK ON GOD'S PROVISION and GOODNESS TO US.

"There has not failed one word of his good promise" I Kings 8:56."I will never leave thee nor forsake thee" Heb13:5.

"The earth is full of the goodness of the Lord"Ps 33:5. "The goodness of God endures continually."Psalm 52:1

"No good thing will He withhold from them that walk uprightly." Psalm 84:11.

TOOL 18: BE GUIDED BY GOD and AVOID SIN.

"He that follows me shall not walk in darkness, but shall have the light of life." John 8:12.

"Thine ears shall hear a word behind thee saying, this is the way, walk ye in it..." Isaiah 30:21.

TOOL 19: LEARN THE PRINCIPLES OF HAPPINESS.

"Whoso trusts in the Lord, happy is he." Prov.16:20."A merry heart doeth good like medicine." Pro 17:22.

"Rejoice in the Lord always." Philippians 4:4 Happiness is a choice. When persecuted for Christ:

"Rejoice and be exceeding glad for great is your reward in heaven." Matthew 5:12.

TOOL 20: HAVE A LIFE GOAL of USEFULNESS TO GOD.

It is better to **serve God** and win souls to Christ, than to be **happy**. Be **God-centred** and **others-centred**, not **self centred**. "He that **finds** his life shall **lose** it: and he that loses his life for my sake shall find it." Matthew 10:39. "I have finished the **work** which thou gavest me to do." John 17:4.

"**Come unto me** all ye that labour and are heavy laden, and **I will give you rest** Take my yoke upon you, and **learn of me**....ye shall find **rest** for your souls." Matthew 11:28,29.

"Go ye into all the world and preach the Gospel to every creature." Mark 16:15.

TOOL 21: GIVE TO GOD and TO OTHERS.

"Give and it shall be given unto you..... " Luke 6:38. "Ye have **robbed me**.....in tithes and offerings. Ye are cursed with a **curse** Bring ye all the tithes into the storehouse that there may be meat in my house, and **prove me now** herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and **pour you a blessing** that there shall not be room enough to receive it." Malachi 3:8-12.

TOOL 22: GOD WILL NOT LET YOU BE TEMPTED ABOVE that YE ARE ABLE TO BEAR

"God will make a way to escape the temptation, that ye may be able to bear it." I Corinthians 10:13.

Look for the way to escape. Others have gone through the same temptations,& found God to be faithful.

TOOL 23: FULFIL YOUR GOD-GIVEN ROLE IN LIFE.

"The **aged women** teach the young women to be sober, to love their husbands, to love their children, to be discreet, chaste, keepers at home, good, obedient to their own husbands. **Young men**....be sober minded,pattern of good works, in doctrine, showing uncorruptness, gravity, sincerity, sound speech." Titus 2:3-8. "I will therefore that the **younger women marry**, bear children, guide the house" I Tim 5:14

TOOL 24: LEARN WISDOM from THE BIBLE.

"Wisdom is the principal thing; therefore get wisdom." Proverbs 4:7.

"The fear of the Lord is the beginning of wisdom, and the knowledge of the holy is understanding." Proverbs 9:10. Wisdom will study the Bible to find answers to life's questions, and will obey the Bible even when it is difficult. By applying God's wisdom, we prevent bad things from happening to us and to our family. Preventing a problem is better than curing a problem.

TOOL 25: HONOUR GOD in ALL THINGS and GOD WILL HONOUR YOU.

".....them that honour me, **I will honour**." I Samuel 2:30. "But seek ye first the kingdom of God, and his righteousness, and **all these things** shall be added unto you." Matthew 6:33.

Conclusion: When we feel depressed or worried, don't panic or fear, but trust the Lord, review these 24 tools and claim Romans 8:28. "We know that **all things** (even bad things) work together for **good** to them that **love God**.....". Do you love God? Then prove it by using these 25 TOOLS as part of your life and you will have victory over your worries, fears and depression.