YOU CAN STOP WORRY IN YOUR LIFE

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Introduction

"Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than rainment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?" (Matthew 6:25 & 26)

You're better than a bird, aren't you? Well, praise God, your Father in heaven loves you, and He wants to meet your needs and take care of you. But I want you to notice that He said, 'Take no thought." If you're taking thought for your life and worrying about what you are going to wear and worrying what you're going to do tomorrow, He can't feed you. YOU SHOULDN'T HAVE A WORRY!!!

"Which of you by taking thought can add one cubit to his stature? And why take ye thought for rainment? 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 6:27 & 28)

Worrying doesn't get you anywhere; it doesn't help a bit; it only makes things worse.

The reason many people think God's not going to take care of them is because they've got a bad image of their Father. They've got a bad image of God.

The more I travel, the more I find that people have a bad image of the Father. He is a GOOD Father and He LOVES you and He CARES about YOU!!! He cares about even that little pimple on your ear. He knows about it. He cares about it. He wants to get it off of you, if you'll believe the Word of God. He cares for you and He loves you.

Can you understand that? I want you to get a good image of the Father. I want to get across to you that the Father in Heaven loves you.

Gospel means "good news." The good news is that God loves us; He isn't up in Heaven looking down on us with a baseball bat, ready to hit us over the head every time we turn around. HE'S A GOOD FATHER!!!

"Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall He not much more clothe you, O ye of little faith?

"Therefore take no thought, saying, 'What shall we eat?' or, 'What shall we drink?' or, 'Wherewithall shall we be clothed?' (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.'' (Matthew 6:30-32)

I want you to notice something, how Jesus starts talking about the Heavenly Father. In the Old Testament, He was God...in the New Testament, He's our Father, He's Allsufficient, He's the One that takes care of us. He's Daddy. He's my Daddy, and He loves me.

"But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you." (Matt. 6:33)

What will be added unto you? Food, clothes, money, things that you need. But what? He says, *"But seek ye first the kingdom of God. "* Seek what? The Word of God.

Too many people go around worrying about things when they ought to be putting the Word first place; He'll take care of those things FOR you. Glory to God, that's good news!!!

"Take, therefore, no thought for the morrow, for the morrow shall take thought for the things of itself..." (Matt 6:34)

'Take therefore no thought," He said. Do you know where the devil whips us? In our minds, through THOUGHTS. "You're never going to get it. You're NEVER going to get it. YOU'RE NEVER GOING TO GET IT," he used to tell me. But he doesn't defeat me anymore, because I use the Word of God on him.

He'd say, "You're never going to get a building for the church you Pastor. No, you'll NEVER get a building. You'll never have anything. Your church won't grow. Your ministry won't grow. You'll never amount to anything."

I'd reply, "You're a liar, devil, and the truth's not in you." Just get the Word, and whip him over the head with it, and run him off; he has no power. He has NO power; the only power he can get is what he leeches off of YOU!!!

The devil is a leech. He hasn't any power of his own, only the power that WE give him, with our mouths. If he puts a thought in your mind and he

can get you to say it with your mouth, then he's right there to bring it to pass. YOU CAN HAVE WHAT YOU SAY!!! (Mark 11:23-24)

Here, now, are the Four Steps to Success, from the Word of God. As you grasp hold of these truths, they will change your life, and set you free!!!

Step One
Trust in the Lord

Fret not thyself (don't you worry) *because of evildoers, neither be thou envious against the workers of iniquity, for they shall soon be cut down like the grass, and wither as the green herb. TRUST in the Lord and do good; so shalt thou dwell in the land, and verily thou shalt be fed. (Psalms 37:1-3)*

I like that, *"thou shalt be fed, "* so I want to find out what it means to TRUST.

"Trust," in the Hebrew, means to be bold; it means refuge, confident, secure, sure, safe, without care.

Humble yourselves, therefore, under the mighty hand of God, that He may exalt you in due time: Casting all your CARE upon Him: for He careth for you. (1 Peter 5:6-7)

It says to humble yourself under the mighty hand of God and GOD will exalt you in due time.

Do you want to be exalted? He didn't say He didn't want you to be exalted, He said He didn't want you to exalt YOURSELF. He'll exalt you as you stand on the Word.

And just what is a humble man? A humble man will take counsel from another person. An egotist will not take anyone else's word but his own; he'd rather believe the

Trust in the Lord circumstances around him than what the Word says. A humble man will go by the Word of God; he doesn't care what the circumstances may say. HE TRUSTS IN THE LORD.

If his family is dying around him, or his bankbook is empty, the humble man will get into the Word and take the counsel of God's Word instead of those circumstances.

An egotist will say, "Well, I guess I've got cancer, and I'm going to die from it," while the humble man will say, "No, bless God, the Bible says, 'by His stripes we were healed,' so I'm healed!"

A humble person will stand on the Word and will not compromise his TRUST in the Lord. Psalm 1 talks about not walking in the counsel of the

ungodly, so, in other words, we should walk in the counsel of God.

Step Two
Delight in the Lord

DELIGHT thyself also in the Lord; and He shall give thee the desires of thine heart. (Psalms 37:4)

I like that. How many of you would like to have the desires of your heart from the Father? Well, what does it mean to DELIGHT?

The word "delight" in the Hebrew means to ENJOY. Not very many of us are really ENJOYING the Lord.

How many of us spend time with the Father, just having fellowship with Him? DELIGHT yourself in the Lord; come into the Throne Room, saying, "Daddy, I enjoy You, and I love You!"

Many people are just plain miserable; they've got just enough, they say, of religion to make them miserable. That's the problem: they've got religion instead of Jesus.

Sometimes we can get so involved with our work for the Lord that it gets to be a drag and a burden. We ought to be having fun in the Father, and start laughing. We're not called to be burden-carriers. We're not called because Jesus already carried our burdens; we're to give them to Him.

ENJOY the Father, have fun with the Father. When you begin to enjoy the Father and DELIGHT yourself in Him, He'll give you the desires of your heart. That's how you get to Daddy's heart: love Him.

When my daughter wants something, she'll start loving on me. And I'll end up giving it to her. It's the same way with the Father. He IS love. Love Him, enjoy Him, have fellowship with Him, DELIGHT in Him.

Step Three
Commit Thy Way

COMMIT thy way unto the Lord; trust also in Him; and He shall bring it to pass. And He shall bring forth thy righteousness as the light, and thy judgment as the noonday. (Psalms 37:56)

COMMIT means to roll away as a ball. Get a ball and put all of your problems on it and roll it away.

One Sunday at our church, I brought a ball and I glued all our problems on it, and rolled it away. I said, "Now it's over there, and we don't have any business going over and touching it or trying to take it back. We've all rolled our problems over to Jesus, and He'll take care of them."

Cast the care of the money problems, the house problems, and the personal problems over to the Lord and COMMIT the care to Him. He'll bring the answers to pass.

Step Four
Rest in the Lord

REST in the Lord, and wait patiently for Him; fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass. (Psalms 37:7)

To REST in the Lord means to stop, to hold peace, to be quiet, silent, and still. When it looks as if everything's caving in around you, or it looks like your husband's not going to be coming back, or your wife's not coming back, or it seems like nothing's going to work at all, God is telling you to do something in this Scripture, to REST in Him.

Cease from anger, and forsake wrath: fret not thyself in any wise to do evil. (Psalms 37:8)

What is wrath? To breathe hard. How many of you have been around somebody you didn't like, or someone who's crossed you? Or maybe your husband said something as he left that made you mad, and when he came back through the door you just started breathing hard? That's wrath. And we've all been there, haven't we?

For evildoers shall be cut off: but those that wait upon the Lord, they shall inherit the earth. For yet a little while, and the wicked shall not be; yea, thou shalt diligently consider his place, and it

Rest in the Lord shall not be. But the meek shall inherit the earth and shall delight themselves in the abundance of peace. (Psalms 37:911)

The meek, in the Hebrew, means the humble ones; the ones that will stand on the Word will inherit the earth! And that is what's happening today: Christians are taking over the earth again. Hallelujah!!!

Now It's God's Turn

By putting these four principles to work in your life [trusting in the Lord, delighting in the Lord, committing thy way unto Him, and resting in the Lord], this portion of Scripture goes on to show you what the Lord will do for YOU.

The wicked plotteth against the just (or, the wicked plotteth against YOU), *and gnasheth upon him with his teeth.*

The Lord shall LAUGH at him, for He seeth that his day is coming. (Psalms 37:12-13)

That's what WE ought to be like. How many of you want to be like God? He says to be followers, as dear children. The Lord laughs at the devil; well, if God laughs at him, we ought to laugh at him, too. "Ha, ha, ha, your day is coming, rat!!!"

The wicked have drawn out the sword and have bent their bow, to cast down the poor and needy, and to slay such as be of upright conversation. Their sword shall enter into their own heart, and their bows shall be broken. (Psalms 37:14-15)

This is what God will do for you when you TRUST, DELIGHT, COMMIT, and REST in Him; the rest of this chapter is what HE will do for YOU.

The devil will come up to you and take his sword, trying to stick you, and he'll stick himself. The enemy will get ready to shoot arrows at you, and their bows will break.

You can REST, saying, "Ha, ha, ha, devil," and his bow will break. He'll pick up his sword to stick you and it will be like a boomerang and will stick him instead. He'll be laying on the ground, defeated, and all you'll have done was to laugh at him.

A little that a righteous man hath is better than the riches of many wicked.

For the arms of the wicked shall be broken, but the Lord upholdeth the righteous. The Lord knoweth the days of the upright: and their inheritance shall be forever. (Psalms 37:16-18)

Our inheritance shall be forever! The word "righteous" here means the Uncompromisingly Righteous; those who will stand on the Word of God and not compromise. That's US!!!

They shall not be ashamed in the evil time, and in the days of famine they shall be satisfied. (Psalms 37:19)

I don't care if the world appears to be falling apart or there isn't any food; we'll be taken care of and fed, because we TRUST, DELIGHT, COMMIT and REST in the Lord.

But the wicked shall perish, and the enemies of the Lord shall be as the fat of lambs: they shall consume; into smoke shall they consume away. (Psalms 37:20)

How is all this happening? By our TRUSTING in the Lord, DELIGHTING in Him, COMMITTING our way unto Him, and RESTING in Him.

The wicked borroweth, and payeth not again, but the righteous showeth mercy, andgiveth. (Psalms 37:21)

"Mercy" means compassion; WE'RE GIVERS!!!

For such as be blessed of Him shall inherit the earth; and they that be cursed of Him shall be cut off. The steps of a good man are ordered by the Lord: and he delighteth in his way. Though he fall, he shall not be utterly cast down, for the Lord upholdeth him with His hand. (Psalms 37:22-24)

When you CAST YOUR CARE over on the Lord and ENJOY yourself in the Lord, and DO WHAT HE SAYS and REST in Him, your steps will be ordered of the Lord. But, if you're carrying all your cares and being a burden-carrier, you're walking on your own.

I don't want to live that way; do you? I want my steps to be ordered of God, and walk where He wants me to walk, with my feet being upheld by His hand.

I [David] *have been young, and now am old; yet I have never seen the righteous forsaken, nor His Seed begging bread. He is ever merciful, and lendeth; and His Seed is blessed.*

Depart from evil, and do good and dwell for evermore. For the Lord loveth judgment, and forsaketh not His saints; they are preserved for ever, but the seed of the wicked shall be cut off. The righteous shall inherit the land, and dwell therein for ever. (Psalms 37:25-29)

That's what we're doing today; we're inheriting the United States; we're taking it for Jesus!!!

The mouth of the righteous speaketh wisdom, and his tongue talketh of judgment [the Word*]. The law of his God is in his heart; none of his steps shall slide.*

The wicked watcheth the righteous, and seeketh to slay him. The Lord will not leave him in his hand, nor condemn him when he is judged. Wait on the Lord and keep His way, and He shall exalt thee to inherit the land; when the wicked are cut off, thou shalt see it.

I have seen the wicked in great power, and spreading himself like a green bay tree. Yet he passed away, and, lo, he was not: yea, I sought him, but he could not be found.

Mark the perfect man, and behold the upright, for the end of that man is peace. But the transgressors shall be destroyed together: the end of the wicked shall be cut off.

But the salvation of the righteous is of the Lord: He is their strength in the time of trouble. And the Lord shall help the righteous, and deliver them; He shall deliver them from the wicked, and save them, because they TRUST in Him. (Psalms 37:30-40)

Four steps to success. TRUST in the Lord. DELIGHT in the Lord. COMMIT your way unto the Lord. REST in the Lord. Four Steps to Success from the Word of God. And you can see what HE will do for you. All YOU have to do is TRUST, DELIGHT, COMMIT and REST and let God be God. MAKE THE QUALITY DECISION NOT TO WORRY!!!

The Father loves you and He wants to give you life, and that more abundantly. RECEIVE IT TODAY!!

Ed Dufresne is a Bible teacher with a dynamic message of salvation for the whole man: spirit, soul, and body. He teaches the whole Word of God without compromise. Ed has a healing anointing on his life, and God is doing great things through his ministry.

Under the direction of the Holy Spirit, Ed is presently traveling more and more around the country and the world as an evangelist. The Lord dealt with him to take the Word of God and the healing anointing to the uttermost parts of the earth and turn many from darkness to light—from the power of Satan unto God. In this way, he will fulfill the heavenly vision God gave him.

Brother Ed teaches that God is a good God, that He wants to meet your needs. Ed has an insight into faith and a way of teaching

it that makes it alive and real. His teaching ministry is made available on cassette tapes and through the many books he has authored, as well as *Jesus The Healer Magazine.*

Ed, a native of Southern California, received his call into the ministry while operating his own building maintenance business.

GOOD NEWS!

You can stop worry in your life. The Word of God instructs us to take no thought for tomorrow. Many people are worrying about things when they should be putting the Word first place in their lives.

This little book will help you learn the principles that can stop worry. You 11 learn how to commit your way to the Lord and let Him bring it to pass. God wants you to rest in Him and He will take care of the things for you.