

Promises of God:

Psalm 90:12 (NKJV)

12 So teach us to number our days, That we may gain a heart of wisdom.

Proverbs 3:5-6 (NKJV)

5 Trust in the Lord with all your heart, And lean not on your own understanding;
6 In all your ways acknowledge Him, And He shall direct your paths.

Isaiah 40:31 (NKJV)

31 But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

Isaiah 41:10 (NKJV)

10 Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.

Philippians 4:6-7 (NKJV)

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 understanding, will guard your hearts and minds through Christ Jesus.

Isaiah 26:3 (NKJV)

3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.

Isaiah 40:8 (NKJV)

8 The grass withers, the flower fades, But the word of our God stands forever."

8.3.17

Stabilizing the Unstable

Cast All your cares on Him because He cares for you

▼1.

1 Peter 5:7 (NKJV)

7 casting all your care upon Him, for He cares for you.

The tendency when something traumatic happens; is to become self absorbed, to focus on the problem instead of the solution outlined in the divine viewpoint.

The tendency is to try to solve the problem from our own viewpoint; this approach is arrogance!

a.

STEP ONE: Claim a promise

STEP TWO: Think through the doctrinal rationales embedded in the promise

STEP THREE: Appropriately the doctrinal conclusions

As we do that we realize that there are certain conclusions that are reached that give stability to the thinking of the individual believer.

▼2.

Serve God diligently in the good times:

1 John 4:18 (NKJV)

18 There is no **fear in love**; but **perfect** love casts out fear, because fear involves torment. But he who fears has not been made **perfect in love**.



a.

1.) The more things we surrender to fear, the more things we fear.

As we begin to give into fear, give into this emotional complex of sin that grows out of fear

As we give into that it increases; it multiplies itself; it feeds on itself until we're fearful all the time and the least little thing sets us off and we become infatigable, angry.

People don't want to be around us and we don't want to be around people.

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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 understanding, will guard your hearts and minds through Christ Jesus.

An old adage: We must not take counsel of our fears

b.

2.) To the extent you surrender to fear, the greater is your capacity for fear.

Life can be rough and when those challenges come; over time and years of experiencing failure and the impact of others who have failed, we can develop a greater and greater capacity for fear, until we become more and more paralyzed and ineffective in life.

3.) The greater your capacity for fear, the more you increase the power of fear in your life.

Fear then begins to control us. It dictates our actions or the lack of action.

Rather than making bold moves, rather than making moves out of confidence rather than living our life on the basis of the Word of God "that I can do all things through Christ who strengthens me" instead we are making our decisions based upon fear. That becomes our motivation and the control feature.

4.) The more we increase the power of fear in our life, the greater our failure to live the spiritual life and grow to spiritual maturity.

At some point our spiritual growth begins to regress. We begin to forget the doctrine that's in our soul. We begin to go backwards spiritually and we are spiraling out of control and this ends up impacting our level of tranquility, peace and happiness in our life, because this just evaporates and we're controlled by fear and anxiety rather than happiness and

stability.

▼3.

Stabilizing the Unstable

a.

Ps. 55:22, "Cast your burden on the Lord, And He shall sustain you; He shall never permit the righteous to be moved."

b.

Psalm 55 (NKJV)

To the Chief Musician. With Contemplation of David.

1 Give ear to my prayer, O God, And do not hide Yourself from my supplication.

2 Attend to me, and hear me: I am restless in my complaint, and moan noisily.

3 Because of the voice of the enemy, Because of the oppression of the wicked, For they bring down trouble upon me, And I wish they bit me.

4 My heart is severely pained within me, And the terrors of death have fallen upon me.

5 Fearfulness and trembling have come upon me, And horror has overwhelmed me.

6 So I said, "Oh, that I had wings like a dove! I would fly away and be at rest.

7 Indeed, I would wander far off, And remain in the wilderness. Selah

8 I would hasten my escape From the windy storm and tempest."

9 Destroy, O Lord, and divide their tongues, For I have seen violence and strife in the city. Jerusalem, the city of God

10 Day and night they go around it on its walls; Iniquity and trouble are also in the midst of it.

11 Destruction is in its midst; Oppression and deceit do not depart from its streets.

12 For it is not an enemy who reproaches me; Then I could bear it. Nor is it one who hates me who has exalted himself against me; Then I could hide from him.

13 But it was you, a man my equal, My companion and my acquaintance.

14 We took sweet counsel together, And walked to the house of God in the throng.

15 Let death seize them; Let them go down alive into hell, For wickedness is in their dwellings and among them.

16 As for me, I will call upon God, And the Lord shall save me.

17 Evening and morning and noon I will pray, and cry aloud, And He shall hear my voice.

18 He has redeemed my soul in **peace** from the battle that was against me, For there were many against me, He do not fear God.

19 God will hear, and afflict them, Even He who abides from of old. Selah Because they do not change, Therefore they do not fear God.

20 He has put forth his hands against those who were at peace with him; He has broken his covenant.

21 The words of his mouth were smoother than butter, But war was in his heart; His words were softer than oil, Yet they were drawn swords.

22 Cast your burden on the Lord, And He shall sustain you; He shall never permit the righteous to be moved.

23 But You, O God, shall bring them down to the pit of destruction; Bloodthirsty and deceitful men shall not live out half their days; But I will trust in You.

Just as David is able to look at his problems and to identify and interpret them within the framework of biblical truth in the plan of God; we also need to be able to identify and interpret our problems within the framework of biblical truth.

4.

Genesis 49:2-4 (NKJV)

2 "Gather together and hear, you sons of Jacob, And listen to Israel your father.

3 "Reuben, you are my firstborn, My might and the beginning of my strength, The excellency of dignity and the excellency of power.

5.

Unstable as water, you shall not excel, Because you went up to your father's bed; Then you defiled it-- He went up to my couch.

Genesis 35:22 (NKJV)

22 And it happened, when Israel dwelt in that land, that Reuben went and lay with Sileah his father's concubine; and Israel heard about it. Now the sons of Jacob were twelve.

For this reason it's a vital important that we serve God diligently and with the whole heart at times of relative peace and comfort.

Focusing on the problem

Overwhelmed with fear

Human viewpoint solution

The circumstance

Changing the focus to faith in God

The promise of God