

Daily Devotion #6

Breakthrough series

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Breaking through the worry barrier

Breaking through the worry barrier is a breakthrough all by itself, but once we breakthrough that barrier it will open doors for breakthroughs in other areas of our lives.

Worrying is often a way we try to predict what the future has in store. It's a way to try to prevent unpleasant things from happening or to control the outcome. The problem is it doesn't work. Thinking about all the things that could go wrong doesn't make it get better. Focusing on worse case scenarios causes you not to enjoy the good things in life right now. If you are constantly worrying about your health you won't enjoy when being well and walking in divine health. If you are always worried about one of your children that takes away from the joy of enjoying those who are not causing you to worry. If you are worried about all the faults of your spouse you won't enjoy the good qualities they actually have nor will you enjoy the time you spend together. If you are worried about not having food tomorrow you won't fully enjoy the meal you are eating today. If you are worried about whether you're going to get married or not you will never see any of the benefits of being single, and there are many. If you are constantly worried about growing older you will miss the stage of life that experience and time has brought you to. Constant worrying, negative thinking and always expecting the worse can take a toll on you both physically and emotionally. It will even affect your relationships with others because you will be restless, edgy and impatient.

God does not want you to worry. Worry is a waste of time and valuable energy. You can't add or subtract anything from your situation by worrying. **Matthew 6:27** says which of you by taking thought (by worrying) can add one cubit to his stature? (If you can't even add to your height or life how will worry add to anything else?)

Worry is the opposite of trust. It is the opposite of faith. God wants us to trust him for everything in our lives. And why shouldn't we? He has a good track record. He has NEVER lost one battle. And he takes care of even the birds so why shouldn't he take care of you? **Luke 12:24** says Consider the ravens: for they neither sow nor reap; which neither have storehouse nor barn; and God feedeth them: how much more are ye better than the fowls?

This month we have made a commitment to swap worry for prayer, to pray about everything instead of worrying. We have determined that as soon as worry strikes, we will strike back by telling God that we trust him and that we know he is going to work it out. We have practiced the art of worrying for so long that we have become specialists at it. It is difficult for us to even think differently, but we must trust if we are going to please God. The Bible says without faith it is impossible to please him...Even if things don't go your way in the situation, you must trust that God is working all of it for your good.

Philippians 4:6 says- **Be anxious for nothing (Don't worry about anything), but in everything by prayer and supplication (earnestly asking God), with thanksgiving let your requests be made known to God.**

We are being challenged to pray for five minutes three times a day. Take a minute right now to tell God about anything that is of concern to you now. Tell him that you are trusting him to work it out. Thank him in advance.

Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Take a minute to tell God those things that make you afraid. Repent for doubting that he is with you. Tell him that He IS your God and give him thanks for his strength and for upholding you.

Matthew 6:25 – 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 raiment?

Take a minute to thank God for what you ate or will eat today. Acknowledge that some people have nothing at all to eat or drink. Let yourself feel genuinely appreciative for his provision. Thank him for the clothes and shoes you have on, for where you live and for the blessings you have. Be sure to open your mouth and speak these prayers not just think about saying them. Allow the Holy Spirit to create this prayer in you. Now let it come out of your mouth and give Him praise.

1 Peter 5:7 – Cast all your care upon him; for he careth for you. (THROW your worries on him because he cares for you.

Make a conscious decision as you think about anything worrying you to not just pass the ball, but forcefully throw that thing on him because if it concerns you, it concerns Him. Now take a minute to rejoice (allow yourself to feel delighted) because he is your burden bearer. Rejoice in song, rejoice in dance (literally begin to dance right where you are even if it means just moving your feet and walking a little bit lighter). Rejoice whether you feel like it or not. Just do it. Do it intentionally and purposefully and watch what happens. Share your testimony when you can.

Matthew 6:34 Therefore do not worry about tomorrow for tomorrow will worry about itself. Each day has enough trouble of its own.

Make a conscious decision right now to live one day at a time. Bring your mind into subjection to this thought. Tell yourself to live in the moment. Try it. Do it. You are going to feel like a burden has been lifted. Open your mouth and thank God for lifting it.

John 14:1 – Let not your heart be troubled: ye believe in God, believe also in me.

Speak over yourself whenever necessary and say, “I will not be troubled by this. Thank God for being my peace in the midst of the storm”.

Proverbs 12:25 – Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.

Give words of encouragement to others. Stop being judgmental, critical, and always pointing out the faults of others. When we criticize others, pride is displaying itself because we act as if we don't have faults. We cannot change anyone by nagging them. It doesn't work. People live up to our expectations of them whether bad or good. Stop nagging and start encouraging. Start building them up and watch a breakthrough occur in your relationship.

2 Corinthians 9:8 - And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work.

Don't worry about what you don't have to give when you are asked to give anything. God knows how to make sure you receive so you can keep on giving. God is able to cause favor to come abundantly to you from anywhere and everywhere so you will never be insufficient, but that you may give to God's good work.

Testimony about God making all grace abound toward me....

Late last night I was requested to help a single parent with something that was very crucial. To do it effectively would have taken nearly everything I had in my cash app. If I had delayed she would have lost, but I had an appointment the next day and wouldn't have time to go to the bank to get what I needed to replace the amount I gave her. I prayed to the Lord a prayer of thanksgiving for enabling me to give the amount she needed. "She has no one to turn to, but I do", I said to the Lord. Tears filled my eyes as I prayed this and my prayer turned into a cry for this single parent. As I prayed, a strong feeling of thankfulness (that I was able to help her) came over me with tears and weeping. "I want to thank you, Lord, that I have this to give, that I am able to help her. I'm not worried about it. I owe you at least this much so I'm going to give it to her. I know you will replenish this by tomorrow". I prayed this as I was sending her the money. When she received it, she cried. The next morning on the 5am prayer line Sis. Micah, our prayer coordinator, out of the blue, asked everyone to sow into me for writing these devotionals. Lady Emelda Tolbert of Kansas city backed her up with a heart stirring, anointed speech about how much she had been blessed by the devotions. Several people suddenly began to sow into my cash app. I didn't expect this nor was I looking for it. Assistant Pastor Angela Weaver sent a seed and I sent it back saying, "No, I can't take this because of what you are already doing for me bi-weekly." (Something special she does for me on top of her tithes and other financial obligations.) She sent it right back again saying, "Deacon said it's from him, then." Another faithful sister from out of the area sowed and knowing her financial situation I was prepared to send it back to her, too. The Lord stopped me saying He moved on her to sow into me so that he could cause financial grace to abound toward her. Then I received from Lady Tolbert. I text her and said, "You didn't have to do that." She texted me back saying, "That is the problem with some people. They don't do because they don't have to." Now, please understand I am not looking for anything. You can see from my reactions that I was a little uncomfortable and surprised because it is my joy and pleasure to write these devotionals. God placed this on my heart to give you "fresh bread" daily as we seek Him. It is mine to GIVE as the teacher gives to his students, as a mother gives to her children, as a preacher gives to the congregation. It is my privilege to give to you. And I am thrilled to read in our group app people discussing whether they got theirs or not. It means you are hungry for God and I love it. In all the years Micah has been with me she has never publicly asked anyone to specifically sow into me like she did on the prayer line yesterday morning. She had no idea what happened the night before and the words I spoke to our Father. God used her as a conduit of his grace abounding toward me because of my giving so that He could give me more to give. He is faithful. **Give and it shall be given unto you; good measure, pressed down, shaken together, and running over shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again. Luke 6:38.**