

SUNDAY, 02 JUNE 2013
DON'T WORRY BE HAPPY
PS STEPHEN BENNIE

Matthew 6: 25 to 34

I want to talk to us about becoming Stress free. Don't worry Be Happy!!!

Many physical sicknesses are caused by stress. Doctor's say 90% of physical illnesses can be traced back to stress. Hypertension, heart trouble, in some cases Cancer can be traced back to stress. In some cases stress causes an irritable bowel syndrome.

Is there anyone in the Sanctuary today who can say, I've never had any kind of stress in my life till date?

Pace of life has increased drastically. You agree!!!

Issues of life can bring stress on us so easily.

Question is not what you eat, but what is eating you!!!

Many think they have no problem with stress.

Forewarned is forearmed!!!

I believe God has something to say to each one of us.

My Story:

Prophecy for Shakila:

Is not life more than food and body more than clothing?

Think about this. For a long time I thought Jesus was emphasising on food and clothing.

Jesus is actually referring to the quality of our life and quality of our health/body.

Quality body is more important than quality clothing. Quality life is more important than quality food you eat!!!

Jesus gives us two illustrations:

One of feeding the birds of the air and another of clothing the lilies of the field. (V 26)

Sometimes i wonder how the children in under privilege areas survive. They run around in dirty clothes and eat with dirty hands. They run around healthier than some of our children who fall sick so often.

It is not what we are eating. It is what is eating us!!!

God wants us to move to a place where we become stress free. We need to exercise our faith in Him.

Faith is a rest.

Look at the birds of the air, they neither sow nor reap nor gather into barns yet your heavenly Father feeds them. Are you not worth much more than they?

Paul says in 2 Cor. 9:6 'he who sows sparingly reaps sparingly; he who sows bountifully will reap bountifully.'

Farmers know there is a season to sow and then wait, and then harvest time comes they reap and then wait for buyers to come and buy their yield. Then wait for the money finally.

Jesus is saying you don't need to wait. I desire to give you quality life straight away. Just like I take care of the birds. I will take care of you. I will bless you with quality life. You are my child!!!

We are not in a worldly system. We are in a godly system.

People in this world sweat more and get less. We as God's people can sweat less and get more. If only we believe.

Quality life will not come to us from the system of the world.

Yes we need to work. But we don't need to work with stress.

We are part of the Kingdom of God!!!

There is quality life promised for all of us!!!

Let this truth set us free. AMEN!!!

See Jesus is not implying don't work, I'll feed you!!! We know that clearly!!!

God says "If a man does not work, neither should he eat!"

Work is not a stress. When does work become stress?

Only after Adam sinned the curse of God came on him: "In toil (stress) you will eat of the ground. By the sweat (stress) of your face, you will eat bread.

Praise God, we are no longer under the curse.

We don't have to work under stress.

We can produce results without stress.

What do birds do most of the time? They fly around and they sing and pick food.

Birds sing because God feeds them.

Praise God, because His mercy endures forever, He is Good!!!

Jesus says, "Your Heavenly Father feeds them." not "their heavenly father, Your Heavenly Father."

Luke records the same sermon with a difference.

Lk. 12:22ff 'Consider the ravens...'

For Jewish people ravens are unclean birds. In the levetical law it says ravens are an abomination.

Tell your neighbour "you are better than the birds" "Your Heavenly Father feeds them."

God is actually talking about "WEALTH AND HEALTH"

Go back to Matthew 6:26

Is not quality body more important than clothing? Jesus is emphasising clothing.

A flowers clothing is its body.

Which of us by worrying can add one cubit to his life's span (stature)? (V 27)

I know of a family, very close to us, they are going through so much, but always cheerful. If anyone of us had even one of those experiences we would have been in deep stress. Always i hear them confess the Word. Confess words of faith. Yes they go through moments when they shed tears. But it is short lived. They are singing and dancing and rejoicing in the Lord all the time. Such an encouragement!

I Peter 5:7, 8 "Casting all your cares on Him for He cares for you. Be of sober spirit; be on the alert, our adversary, the devil prowls about like a roaring lion, seeking someone to devour.

See the devil cannot operate without our worries. Our Cares!!!

Only when you start worrying, he begins to operate.

If you refuse to worry, even what is really bad will turn around.

Jairus' daughter has just died. Can it get any worse than this?

Jesus says "Fear not only believe, your daughter will be well."

If we fight against fear, worry and despair, you will find the flow of your supply.

Go back to Matthew 6

The lilies do not toil or spin.

Yet Solomon in all his glory did not clothe him like one of these.

My question is: Did not God clothe Solomon in all his glory? Answer is NO!!!

Some of the glory Solomon had was; his own laborious effort.

Not all the wealth Solomon had was from God. Some he taxed the people. Wealth approved by God carried God's fingerprints.

When queen of Sheeba came to meet Solomon, she asked him questions and Solomon answered her. Because of his wisdom, she gave him gold, 120 talents of gold.

The yearly tax that came to Solomon was 666 talents of gold.

God did not approve of this heavy taxing. How do we know? When Solomon died, Rehoboam took over the reigns and people came to him and requested to lighten the load of tax his father had placed on them. He refused, listening to the advice of some young fellows.

Solomon did not have health. That's why we see Jesus refers to Solomon in Matthew 6 comparing him to lilies.

I thought when you have wisdom; you have riches, health and long life.

Listen carefully, when Solomon first received the blessing from God, see what happened.

Turn to I Kings 3:5 to 14

God gave him riches honour and wealth. But God promised him long life on condition.

Solomon put expensive clothing on a sick body. He died early.

Psalm 16:11 - In his right hand are pleasures forever.

Enjoy what you do!!! When you don't enjoy what you do your work becomes stress.

God gives us all things to enjoy. Our perspectives matter. Remember the story of the 12 spies.

Take responsibility about your emotions. Nobody can make you get angry without your permission.

God desires to give us quality life and quality body.

Matthew 6:30 How much more will the Lord clothe you O men of little faith?

Flowers are here today, gone tomorrow. Yet God invests in them. How much more will He invest on you?!

TRUST IN THE LORD AND DON'T DESPAIR (Song)



USEFUL RESOURCES



Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

YOUTUBE: <https://youtube.com/allpeopleschurchbangalore>

WEBSITE: <https://apcwo.org/live>

Our other websites and free resources:

CHURCH: <https://apcwo.org>

FREE SERMONS: <https://apcwo.org/resources/sermons>

FREE BOOKS: <https://apcwo.org/books/english>

DAILY DEVOTIONALS: <https://apcwo.org/resources/daily-devotional>

JESUS CHRIST: <https://examiningjesus.com>

BIBLE COLLEGE: <https://apcbiblecollege.org>

E-LEARNING: <https://apcbiblecollege.org/elearn>

WEEKEND SCHOOLS: <https://apcwo.org/ministries/weekend-schools>

COUNSELING: <https://chrysalislife.org>

MUSIC: <https://apcmusic.org>

MINISTERS FELLOWSHIP: <https://pamfi.org>

CHURCH APP: <https://apcwo.org/app>

CHURCHES: <https://apcwo.org/ministries/churches>

WORLD MISSIONS: <https://apcworldmissions.org>