

Transformed

Romans 12:1–2 (NKJV)

12 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is your reasonable service.* ² And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

Conformed: to fit into a fixed pattern

- God doesn't want us to fit into the pattern of the world
- This pattern isn't God's pattern
- God wants us to act better, above the world's standards
- He wants us to be transformed

Transformed: “metamorphosis”

- A metamorphosis is a complete change
- When a caterpillar enters a cocoon and emerges a butterfly
- Those two stages of life represent both a complete end and a new beginning

We are transformed by the renewing of our minds

- The mind is the part of our soul that activates or originates behavior
- By renewing our minds, we can know and do *God's good, perfect, and acceptable will*

The Problem of Worry and Anxiety

Anxiety is the state of unease or nervousness about an event, person, or problem that you cannot control

- Because you can't control it you feel anxious about it
- Worry is mentally dwelling on a difficulty or trouble
- It is often ongoing and chronic
- Anxiety and worry are related to each other
- They are also closely related to fear
- We will look at fear separately

In the U.S. more than 40 million adults have been diagnosed with anxiety disorders

- Anxiety interferes with day to day function
- It starts as an emotional problem but can lead to physical problems
- It can cause relational difficulties and problems trying to please people
- It has also been shown to reduce life expectancy

Philippians 4:6 (NKJV)

⁶Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

- Trusting the word of God and prayer is the key to freedom from anxiety

Matthew 6:25, 34 (NKJV)

²⁵ “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?

³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

The root of worry and anxiety is the fear of not being taken care of or provided for

- This is what some would call and “*orphan spirit*”

I love being a father and grandfather

When my children or grandson ask me to do something and I can do it, it gives me pleasure to fulfill their request

- My love and desire to provide for them is nothing compared with our Heavenly Father
- God is our loving Father
- He simply adores you
- He knows every hair on your head
- He is aware of everything you’re facing
- He loves being your daddy through every circumstance

When we suffer from an orphan spirit it is because we don’t understand how much God loves us

We need to realize that worry and anxiety are enemies of our life

- They are robbing us of the things God has prepared for us
- To overcome them we need to focus on God
- Deal with them at the beginning of the day and learn to enjoy your life

The devil wants to get us so ashamed of our past and worried about our future that we will fail to enjoy today

- He tries to distract us from focusing on God
- The key to a fulfilled life is to enjoy today!

Many of us accept worry and anxiety because we think they are a normal part of life

- They are not normal
- Jesus is normal
- He gives us the power and authority to live in victory over anxiety and worry

Isaiah 26:3 (NKJV)

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

1 Peter 5:7 (NLT)

⁷ Give all your worries and cares to God, for he cares about you.

Learn to turn your thoughts into prayers

Philippians 4:6–7 (NLT)

⁶Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done.

⁷Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

- During your morning prayer time have a worry list
- This is what bothers me today....

When you're trying to pray your mind can wander

Most of the time it will wander to the things that are worrying you

- Maybe you have a meeting with a boss you don't like
- You might have a test to take
- Or you have a money problem

We are to make our requests know to God with thanksgiving

- That means we should thank Him that He loves us
- Thank Him that He has already provided for us
- Thank Him that He knows everything and that He cares for you

○ *"I thank you Father, that You hear me"*

The devil wants you to think that you are on your own and that you have to solve all of your own problems

- He is a liar!

You have a loving Daddy who wants to help with every circumstance

- When you sit around and worry you are wasting your relationship with Him

If Bill Gates were your father, you would probably think that you would never have to worry about anything ever again

- Well, your Daddy could buy Bill Gates a billion times over and not exhaust the change in His pocket
– **Philippians 4:19**

When you “*pray through*” your worry and anxiety, the Bible says that you will have peace

- Pray and meditate on God’s promises until His peace comes
- The word “*guard*” in verse 7 means to guard against military invasion
- God will set a military guard around your heart so that the devil cannot penetrate it with his lies
- Grab hold of your Daddy’s hand and attack your worry and anxiety
- Come against them first thing in the morning so that they are not bothering you all day long

Psalm 94:19 (NKJV)

¹⁹ In the multitude of my anxieties within me, Your comforts delight my soul.

Believe in Faith and Confess God's Love

Matthew 6:31–33 (NKJV)

³¹ “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. ³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

- Do not worry
- Do not be anxious
- You have the best Daddy in the world
- He is your answer to every worry and anxiety

Many times, our worry and anxiety are linked to insecurity

- Insecurity is a lack of confidence on a personal level
- You have a sense of uncertainty or anxiety about yourself
- This can lead to self-image problems, even self-hatred
- This can bring insecurity to most if not all of life's circumstances

I believe that every person deals with some issue related to insecurity

- Some may turn to God while others turn away
- Others find other ways of “*dealing with it*”
- Drugs, alcohol, or other harmful lifestyles
- Turning to God is the only solution

Three Worldly Causes of Insecurity

Money:

Money can bring a false sense of security

- There are financial instruments called “securities”
- We learned in the past through depressions, recessions and most recently in 2008 that money is not secure
- So many lost their “*security*”

Money can be a good thing, but if you think that money can make you more secure you are deceived

- Jesus spoke of the deceitfulness of riches
– **Matthew 13:22; Mark 4:19**
- Money is important and a blessing, but it is not essential
- Money can bring some security
- But only Christ can make you truly secure

Philippians 4:11–13 (NLT)

¹¹ Not that I was ever in need, for I have learned how to be content with whatever I have. ¹² I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. ¹³ For I can do everything through Christ, who gives me strength.

Appearance:

The world tries to find security in looks

- I have learned that gravity always wins in the end

Fashion models, in spite of their beauty can suffer from low self-esteem

- That is because they are always comparing themselves to each other
- Looks fade but true beauty stands the test of time

1 Peter 3:3-4 MSG

What matters is not your outer appearance—the styling of your hair, the jewelry you wear, the cut of your clothes—but your inner disposition. Cultivate inner beauty, the gentle, gracious kind that God delights in.

Comparing Up:

Talked about this early on

- Stop comparing yourself with others
- Be thankful for what you have

Hebrews 13:5 (NKJV)

⁵ Let your conduct *be* without covetousness; *be* content with such things as you have. For He Himself has said, “*I will never leave you nor forsake you.*”

The Antidote for Insecurity

Psalm 91:1–2 (NKJV)

¹ He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. ² I will say of the LORD, “*He is my refuge and my fortress; My God, in Him I will trust.*”

The Secret Place

Matthew 6:6 (NKJV)

⁶ But you, when you pray, go into your room, and when you have shut your door, pray to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly.

- Your secret place is your place of prayer and refuge
- Your time spent in secret will be rewarded

If you are feeling insecure in an area of your life go to your secret place

- Finances, looks, relationships...
- The Lord will become your refuge and fortress
- This is a statement of true security
- I will “*say*” of the Lord...
- Make it your confession
- Speak it over your insecurities, worry and anxiety

Psalm 91:3–16 (NKJV)

³ Surely He shall deliver you from the snare of the fowler *And* from the perilous pestilence. ⁴ He shall cover you with His feathers, *And* under His wings you shall take refuge; His truth *shall be your* shield and buckler. ⁵ You shall not be afraid of the terror by night, *Nor* of the arrow *that* flies by day, ⁶ *Nor* of the pestilence *that* walks in darkness, *Nor* of the destruction *that* lays waste at noonday. ⁷ A thousand may fall at your side, *And* ten thousand at your right hand; *But* it shall not come near you. ⁸ Only with your eyes shall you look *And* see the reward of the wicked. ⁹ Because you have made the LORD, *who is* my refuge, *Even* the Most High, your dwelling place, ¹⁰ No evil shall befall you, *Nor* shall any plague come near your dwelling; ¹¹ For He shall give His angels charge over you, To keep you in all your ways. ¹² In *their* hands they shall bear you up, Lest you dash your foot against a stone. ¹³ You shall tread upon the lion and the cobra, The young lion and the serpent you shall trample underfoot. ¹⁴ “Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. ¹⁵ He shall call upon Me, and I will answer him; I *will be* with him in trouble; I will deliver him and honor him. ¹⁶ With long life I will satisfy him *And* show him My salvation.”

- God will be with you
- He will protect you and deliver you from anything that would harm you
- He will answer and be with you in trouble
- He will show you His salvation