

PEACE & JOY IN THE HOLY GHOST

Uprooting Fear & Sorrow

I. **Fear, sorrow, a troubled heart find place when faith is low**-*Jn14:1*-Let not your heart be troubled (stir, agitate, inward commotion, uncalm mind, disquiet, restless, fear, dread, stress, affect with grief/anxiety): you believe (entrust your well-being to, have faith in a person, trust in Him as able and willing to help) in God, believe also in me

3 years-
Left
jobs/family
, had
enemies
He took

A. → Jesus told them he was leaving and it troubled them-*Jn13:1*-Jesus knew that his hour was come that he should depart out of this world unto the Father...³³Whither I go, ye cannot come...³⁶Whither I go, thou canst not follow me now

Have faith
in God to
take care
of...

B. → The answer for the troubled heart is to have faith in God-Being confident and convinced that God will take care of you because He said He would-*Jn14:1-AC*-Believe [confidently] in God and trust in Him-*GN*-Do not be worried and upset...believe in God-*MS*-Don't let this throw you. You trust God don't you? Trust me

C. The insinuation is if your heart is troubled, faith is low-Fear (absence of peace), sorrow (absence of joy) find place when faith is low-*Mk4:40*-Why are ye so fearful? How is it that ye have no faith-*1Th4:13*-I would not have you to be ignorant brethren concerning them which are asleep that ye sorrow (heavy, trouble) not even as others which have no hope (confidence, faith, expectation)

D. We must make the connection between our faith and our peace and joy-If we fail to make this connection and we'll error in addressing it

Not the
brain,
chemical
imbalances
or

1. → Jesus said if your heart is troubled address what you believe-To come out of fear/sorrow you must get rid of what's producing it; Fear/sorrow come from somewhere and must be addressed at the root

E. To get in joy and peace all you have to do is get in faith-*Rm15:13*-Fill you with all joy and peace in believing-*Is26:3*-You will keep him in perfect peace, whose mind is stayed on thee because he trusteth in thee-*Hb3:6*-Rejoicing of the hope

II. **To get in faith (into peace and joy) you have to hear from God because that's how faith comes**-*Rm10:17*-So then faith cometh by hearing and hearing by the Word of God-*Rm15:4*-Through patience and comfort of the scriptures might have hope

When they
were
troubled
Jesus gave
them The

A. → You have to hear something that puts faith/hope in you-*Jn14:2*-In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. ³ And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also. ⁴ And whither I go ye know, and the way ye know. ¹⁶ And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; ¹⁸ I will not leave you comfortless...²¹ He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself to him. ²³ If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him-*Jn15:11*-These things I have spoken unto you that my joy might remain in you and that your joy might be full-*Jn17:13*

1. Hannah was depressed until she heard from God-*1Sm1:17*-Go in peace: and the God of Israel grant thee thy petition that thou hast asked of him. ¹⁸The woman went her way, and did eat, and her countenance was no more sad.

B. Whatever is troubling you what has God said to you about it-This is how you get into faith and out of fear/sorrow and into joy/peace

III. **To address unbelief (fear, sorrow) feed on The Word**

A. What you feed on shapes what you believe-Illusory effect-*Rm10:17-ASV*-Belief comes of hearing-*Rm4:18*-Who against hope believed in hope, that he might become the father of many nations, according to that which was spoken, So shall thy seed be.

¹⁹And being not weak in faith, he considered not his own body now dead, when he was about an hundred years old, neither yet the deadness of Sarah's womb: ²⁰He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God (**ER**-He never doubted that God would do what he promised. He never stopped believing. In fact, he grew stronger in his faith and just praised God); ²¹And being fully persuaded that, what he had promised, he was able also to perform.

B. Feeding on Word feeds faith/hope, stirs joy/peace-Jr15:16-Thy words were found and I did eat them and thy word was unto me the joy and rejoicing of mine heart-**1Jn1:4**-These things write we unto you that your joy may be full

1. Feeding on the enemy's words/thoughts will shape your belief and throw you into fear and sorrow-1Sm17:11,Mt14

C. Your spiritual diet affects your faith and in turn your peace and joy- You can starve sorrow by not listening to anything the devil says-**Lam3:17**-Thou hast removed my soul far off from peace: I forgat prosperity. ¹⁸ And I said, My strength and my hope is perished from the Lord: ¹⁹ Remembering mine affliction and my misery, the wormwood and the gall. ²⁰ My soul hath them still in remembrance, and is humbled (depression of mind) in me. ²¹ This I recall to my mind, therefore have I hope. ²² It is of the Lord's mercies that we are not consumed, because his compassions fail not. ²³ They are new every morning: great is thy faithfulness. ²⁴ The Lord is my portion, saith my soul; therefore will I hope in him

IV. **When these things attack us we're too slow to seek God (what do you say) and feed on His Word-If we would do this fear and sorrow would find no foothold**