

PEACE & JOY IN THE HOLY GHOST

I Can, I Will

I. **Let not your heart be troubled-Jn14:1-Let not** (denial, negative answer, permit, allow) your heart be **troubled** (agitate, fear, anxious, distress, grief, disturb with various emotions)...²⁷Let not your heart be troubled, neither let it be afraid

- A. Let not insinuates 2 things-1.Heart will try to be troubled 2.Resistance, fighting back, standing up to, don't acquiesce, protest, object
- B. A major key to walking in peace and joy is not yielding to fear and sorrow
If you feel fear, sorrow, anxiety, depression and yield to it, you will have it-This is why so many are overtaken by these things
- C. Feel & resist NEVER feel & yield-Absorb the blow of fear/sorrow, feeling it, and instead of yielding to it, push back against it and tell it no

II. **At the foundation of a life of peace and joy is the belief that I CAN keep my heart from being troubled-This belief keeps you from yielding to fear/sorrow**

Can you say that to a person who is clinically anxious or depressed? Or if a loved one has died?

- A. Many believe they can't help but be troubled and that keeps them from being free because it causes them to lay down and yield-Many blame circumstances, brain chemicals, clinical diagnosis
- B. If you believe you can't help but be troubled you don't believe the Bible
-Ph4:6-AM-Do fret or have anxiety about anything-Ph4:4-Rejoice...always-Lk8:50-Fear not

Say-I'm not helpless against fear, sorrow, anxiety, depression panic attacks. I've been authorized & empowered by the Head of the Church to not let my

- C. Fear and sorrow often are accompanied by feelings of helplessness-Feelings lie; Jesus authorized and empowered you to not let your heart be troubled so you can whether you feel like it or not-Mt14:29-Come.
- D. The problem isn't that you can't keep your heart from being troubled (because you can) but that you don't believe you can
- E. It's not an issue of can or can't but will or won't-Once Jesus said it (Jn14:1) can or can't is no longer the issue, will or won't is

III. **To rejoice, to be glad, to fear not, to not be sad is a choice NOT a feeling (and NOT the result of the right chemicals functioning in the brain)**

- A. We don't lay down/yield to fear/sorrow-Ps23:4-Though I walk through the valley of the shadow of death, I will fear no evil-Ps42:3-My tears have been my meat day and night...⁵Why art thou cast down (depressed) O my soul? and why art thou disquieted (troubled) in me? hope thou in God: for I shall yet praise him-1Sm30:4-Wept until they had no more power to weep...⁶Greatly distressed...but David encouraged himself in the Lord-Ps56:2-They be many that fight against me...³What time I am afraid I will trust (careless) in you.⁴In God I will praise his word...I will not fear what flesh can do unto me-Hb3:18
- B. Your will is vital in walking in peace and joy-You have to make the decision to walk in peace and joy every day and if you don't you won't

Only way Peter can access the power is to take a step

- 1. It's a decision of obedience-Fear/sorrow (yielding) is stubbornness
- C. Only way to access the power to overcome a troubled heart is to choose to believe/act on the Words of Jesus and push back against it-Mt14:29

There's a lot of things you can't get by prayer; He didn't say pray and I won't let your heart be troubled

- 1. Many try to get things by prayer that they can't get by prayer-Prayer, begging, crying desperation won't access the power
- 2. The will is involved, but it's not just will power-It's choosing to believe/act on The Word that accesses the power to get free

IV. You can overcome fear/sorrow and enter into joy/peace with, "I Can & I Will"