

WORRY AND DOUBT

FAITH KILLERS

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Unless otherwise indicated, all scripture quotations are taken from the *Kings James Version* of the Bible.

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Chapter 1

The Many Faces of Fear

Fear has a lot of different faces. But, if you don't recognize those faces, you can actually engage in behavior that you may think is normal, when the truth of the matter is you're really operating in fear. Worry, doubt, and unbelief are some of the many faces of fear.

The first thing you need to understand is that fear does not come from God. He is not distributing or doling out fear in dosages. God gives us love, power, and a sound mind (2 Timothy 1:7). Most people really believe it's okay, or natural, to have a "little" fear. But, it's not. Fear is a demonic spirit. And it is not okay to tolerate fear on any level because

God didn't give it to you, and it will contaminate your faith.

Fear and faith operate by the same spiritual laws. Fear is the reciprocal of faith and vice versa. You are probably familiar with the word *reciprocal*. Just think back to when you studied fractions in school. You learned that a reciprocal is an inversion. For example, the reciprocal of the fraction $\frac{3}{4}$ is $\frac{4}{3}$. Both of them are fractions, but one is inverted, or the opposite version of the other. Another example of a reciprocal would be points north and south on a compass. Both are directions, but they are opposites. This is also the case in the spirit realm. Fear is the opposite of faith, which is why we must not tolerate fear at all.

Satan is the culprit operating behind the spirit of fear. The Bible says the devil is a thief who comes "to kill, steal, and destroy" (John 10:10). The devil operates successfully when fear is present in your life. He must have fear in order to go to work and try to destroy you. But, where there is no

fear, Satan is paralyzed. When fear is present he does his best to try to destroy, and wreak havoc, in your life.

What Are You Afraid Of?

Job 3:25 says, "For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me." Whatever you fear the most will manifest in your life. So, the question is, what are you afraid of? What do you fear the most? Whatever it is, you have to get rid of that fear. You must deal with it or it will deal with you.

There is no denying that we live in a fear-filled world, where being afraid is the norm. Most people have one or more nagging fears that affect their thinking on a daily basis and impact them in ways they don't even realize. In addition, the media seems to be committed to pumping fear into the minds of the general public through their negative reports. If we give attention to what is going on in the world more than we do the Word of God, we can easily become victims of

fear and its negative consequences.

In today's society, there are all kinds of things that can cause people to fear; viral outbreaks such as Ebola; even "preventable" diseases like measles and tuberculosis have made a comeback; the threat of terrorism is still very real, alive, and well nearly 15 years after 9/11; armed robberies of banks and businesses have become commonplace, everyday, occurrences. We also hear about home invasions nearly every day, which have people scrambling to install state-of-the-art home alarm systems, or flocking out in droves to purchase handguns as some measure of protection and defense; a weak economy and ever rising national debt continues to plague this nation and cause many to fear an uncertain financial future; in fact, job security is practically a thing of the past. The list is endless. All you have to do is turn on your TV and you're immediately bombarded with 24/7 news coverage from media outlets, politicians, and

even businesses, broadcasting messages of hopelessness and despair all over the world which can cause fear to take root in your heart.

All of these things, and many other calamities that plague this nation and this world, are very real, and very frightening. However, in these last days, even as fear is continually being unleashed and pumped through television airwaves, through radio waves, and through entertainment mediums on social media, we cannot give in to the spirit of fear; we must begin to wage war against it in our own personal lives and refuse to tolerate it.

I've often shared that the number one fear that the devil tries to inflict upon Christian people is the fear that what God promised in His Word won't come to pass. His entire objective is to get us to doubt the Word and abandon our faith. He accomplishes this by speaking to our hearts and minds and getting us to focus on his negative words.

Then, once the process of worry begins, if left unchecked, it will ultimately lead us right into the manifestation of what we are worrying about. As I've already stated, one of the faces of fear is worry. That's what I'm going to discuss in the following chapter. My objective is to show you that when you operate in worry, you're operating in fear. Whether you realize it or not, worry is a sin. It is fear-based meditation off the wrong information! If God has told us to "be anxious for nothing," then worrying demonstrates a clear lack of trust in God and His Word. It's time for you to learn how to stop giving into the temptation to worry and how to overcome this terrible vice once and for all.

Chapter 2

Worry Is a Choice

"And who of you by worrying *and* being anxious can add one unit of measure (cubit) to his stature *or* to the span of his life?" (Matthew 6:27, *AMP*).

If there's one thing I see in the lives of so many people, it is worry. From how the bills are going to get paid to where the next meal is coming from, worry has become the norm for so many Believers. Some people are what I call "professional worriers." They don't even understand what they are participating in, and how their fears are actually causing negative things to take place in their lives. As a result, they continue to worry and never deal with it.

It is absolutely devastating to a person's life to never get an understanding of the destruction that worry can cause. If you are one of those people who looks at the news and begins to worry about anything and everything that is going on around you, it's time to break the habit! The Word of God is the answer.

In the scripture above, Jesus addressed the issue of worrying because He understood that worrying will block the blessing.

Worry Is a Blessing Blocker

Worry is negative meditation on things that contradict the Word; simply put, worry is meditating on the wrong things. Joshua 1:8 tells you that if you will meditate on the Word day and night, you will make your way prosperous and have good success. So, what does it mean to meditate? It means to mutter, to consider, to roll over in one's mind.

Now, worry is the reciprocal of that type of meditation.

Worry is pondering and considering negative things. If you meditate on the wrong things day and night, you will succeed in bringing them to pass. You will become a participant of the very tragedy that you helped create by worrying. That's why God doesn't want you to worry. He wants you to cast all your cares on Him because He cares for you (1 Peter 5:7).

There is no positive progress that comes from worrying. None! However, there will be negative progress that'll come from it. When you get to worrying about the wrong things, you'll start making progress in the wrong direction. In the scripture at the beginning of this chapter Jesus said you're not going to add years to your life by worrying. So, why spend time doing something that doesn't lead you in the right direction?

Examine your life right now. What are some of the things you just won't let go? What are you worrying about that keeps you awake at night? The economy? Your house

note? Car note? Your children? The worst thing you can do as a Christian is to plant yourself in worry day in and day out because one day, those things will start manifesting because you wouldn't let them go.

You Can Worry Yourself Sick

Worry also causes negative effects on your physical body because worry produces dis-ease. Think about it: isn't that the position you're in when you're worried? You lose your "ease." It's a "dis-ease" or disease. The crazy thing is that sometimes people are worrying about something there's no ground for. For instance, they're worrying about something that hasn't even happened yet! They worry that they will contract some disease and die. Every fear you face opposes the faith and promises of God. The fear of getting a disease is actually a fear that challenges God's Word which says that by the stripes of Jesus you have been healed (1 Peter 2:24).

What you must realize is that you are the righteousness of God and because of that, you have a right to be healed of all dis-ease or disease, whether it's caused by worrying yourself sick or for some other reason. Psalm 103:3 says, "Who forgiveth all thine iniquities; who healeth all thy diseases." Your life has been redeemed from destruction (Psalm 103:4). Hallelujah!

When you get right down to it, worry does nothing to change our situations and circumstances. It perpetuates the very fears that we don't want to come to pass. Sometimes it seems like we can't help but to worry. But, the truth is we *can* take authority over worry. We can *choose* to either worry or trust God. By meditating on the Word more than we do the problem, we can overcome worry.

Brother Kenneth Hagin, a great man of faith, once said something that resonates in my life where thoughts are concerned. He said, "You can't control the birds from flying

over your head, but you can stop them from building a nest in your hair.” In other words, there are certain thoughts that are going to go through your head, but you just have to make sure you don’t allow those thoughts to settle permanently in your mind. Don’t sign for the package of worry. If you find yourself in a situation that looks hopeless, spend time in the Word of God and agree with what God has already said about your life. Praise Him and trust Him rather than worrying. Your answer is just one scripture away!

Chapter 3

Faith to Stand in a World of Doubt

What is doubt? *Webster’s Dictionary* defines *doubt* as, “to be uncertain or unsure; to tend to distrust or disbelieve; a lack of certainty or conviction; and uncertain state of affairs.” When we doubt, we are not fully convinced that the Word works. Just like worrying, doubt will absolutely destroy our faith and block God’s blessings in our lives. As I stated at the beginning of this book, doubt is a face of fear. It’s another way fear rears its ugly head. I never made the connection between doubt and fear until later in my life. And I have learned that doubt is something that must be dealt with so our faith can work.

How Does Doubt Get In

So, how does doubt enter our hearts? I wish I could give you some overly spiritual answer, but it really is as simple as what you give your attention to. The seeds of doubt are planted with the words we receive into our minds which shape our thoughts. Satan uses doubt to lure us into a destination that leads to failure. He knows God needs our faith to bring His will to pass in our lives. So, the devil attacks our minds by trying to get us to receive words of doubt and unbelief, and thereby bringing his words to pass in our lives.

Faith needs to be fed in order for it to be strong. You feed your faith by continually filling up with God's Word. Ironically, this is the same way you develop doubt. When you doubt God's Word, it's because you've been feeding and filling up more on how worldly people think and respond to life, than how the Word says we're supposed to think and

respond to life. You've given words of doubt and unbelief heavier weight in your life than you have God's Word. Just like faith, doubt must be fed in order for it to take precedence in your life. When you give your attention to the world's way of thinking, don't expect your faith to be strong. If you hang around people who don't believe in the Bible you simply won't believe what God says is true. You will doubt His Word. This is why it is so vital that you consult only with the Word of God and other strong, faith-filled Christians who believe the Bible wholeheartedly. If you pay more attention to what your five senses tell you, or embrace the worldly thinking of friends and family, rest assured that you will begin to doubt the supernatural power of God.

Don't Doubt, Trust God!

There's no getting around dealing with the people who are around you, especially family and friends. You love them, and you have to deal with them, at least your family

anyway. But listen, if you want to rid your life of doubt and unbelief, you can't hang around people who speak a bunch of doubt and unbelief that goes against what you believe. In this natural realm, most of the time what you believe already seems impossible (like receiving healing from AIDS, cancer, or some other deadly virus or disease). So, the last thing you need to entertain is what other people think and say about those things. In the eyes of the world, an AIDS diagnosis, or cancer, is an automatic death sentence!

When it comes to overcoming doubt, the truth is that the things of the spirit must be more real to you than what you see with your physical eyes. But, this won't happen if you listen to people who are full of doubt and unbelief. When you do that, you will start thinking just like them. Once words of doubt are spoken, and you don't immediately deal with them, they will begin to shape the way you think. The more you hear, the more your mind will be influenced

in a negative way. That doubting mindset will begin to make you feel that God's way of doing things is a waste of time. Doubt will then move you to do things that contradict God's Word. You'll start speaking and acting out based on your doubt and unbelief, which is a clear indicator that you don't believe God's Word will come to pass in your life. You'll start trusting more in man's ability, in your doctors, and in people, more than you trust in God. I've seen it happen to people over and over again. You have to guard your heart and mind! The battle of faith is won or lost in your mind. You must become a good custodian over your thought life. If you don't, thoughts of doubt and unbelief will bombard your mind day in and day out, and derail your faith. In Luke 12:29, Jesus warned us not to have a doubtful mind. How do you ward against having a doubtful mind? By continually casting down thoughts that contradict God's Word. "[Inasmuch as we] refute arguments *and* theories *and* reasonings and every

proud *and* lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought *and* purpose away captive into the obedience of Christ (the Messiah, the Anointed One)” (2 Corinthians 10:5, *AMP*).

We must take authority over our minds, begin to meditate on the Word, and speak and confess the Word at every available opportunity. Make doing this a habit! When a thought comes like, “*I doubt if I’m going to be able to pay my bills,*” you say, “*My God shall supply all of my needs according to His riches in glory.*” When a thought comes that causes you to doubt God’s ability to heal you of a disease, open your mouth and declare, “*By the stripes of Jesus Christ I am healed! His blood has been shed. I’m not moved by how I feel, I’m moved by faith. I’m moved by the Word of God.*” By doing this, you protect your mind from the crippling and debilitating effects of worry and doubt. The last thing you say is the last thing you will think.

I encourage you to examine your life and take inventory of any areas where doubt and unbelief have crept in. Has the enemy used the circumstances around you to set you up and get you to doubt God’s Word? Maybe an unexpected bill came in or you’re experiencing pain in your body. How you handle these situations will determine whether or not you see the situation turn around. If doubt tries to attack your mind, capture the thought with the Word of God and declare the truth. Refuse to give Satan any room in your mind. If you are a Believer, purpose to believe God’s Word, no matter what it looks like! Feed your faith and starve your doubts to death!

Chapter 4

Freedom from Worry and Doubt

Have you ever found yourself in a tough situation and you didn't know what to do? Of course, you have! We all have! All you wanted to do was speak doubt and unbelief. You wanted to panic, worry, and cave into fear. Well, the Bible says something that sounds like an oxymoron. In Hebrews 4:11, it says, "Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief" (Hebrews 4:11). There's only one labor that the Bible speaks of, and it's the labor to rest. Labor to rest? What does that mean? How is it that we're going to *labor to rest*? How many of you know that labor indicates that effort is

involved? Effort is involved in order for us to enter into rest.

When you go to the doctor and he gives you a bad diagnosis, all kinds of things are going on in your brain. You're going to have to labor to enter into the rest that healing has already been done. It's rough to do, naturally speaking, because all the molecules in your body may feel like they're crashing into each other when you get any kind of negative report. That is not the time to try to figure out how you're going to handle a situation. You've got to trust God! Do you know what trusting God is? It means relying on Him. You're not going to ever know how that's going to work out until you do it. The person who practices resting in the Lord and trusting Him won't be moved. The only way you can obtain the promise is by laboring to rest. Do all you know to do and let God do what you can't do. At that point, you rest.

You don't grow or become better by worrying or doubting God's ability to deliver you. In fact, you inflict more

fear and suffering upon yourself by worrying. It's the fear of wondering "If I do this is God going to do what He said?" The reason it's termed "labor to rest" is because it's a fight. The fight is trusting God and then resting, period. Instead of worrying, open your mouth and say "By His stripes, I am healed!" That requires effort. Instead of saying what you're thinking or feeling, say "Thank You Lord, that I'm healed." This is how you labor to rest in what Jesus has already done. Get the scriptures you're standing on and every time the temptation to fear, worry, or doubt God's Word creeps in, confess those scriptures and say, "Lord, I trust You." Then relax and watch how God does what He does!

That's how you respond to what grace has already done. That's faith. That's your positive response to what grace has made available to you. Your positive response will cause the manifestation to come. In the meantime, just keep worshipping God. Worship is the highest level of faith. It's

the greatest response to the finished works of Jesus Christ. This is how you labor to enter into His rest. You use the Word to respond positively. After awhile, it will settle on the inside of you and you're like "Praise God, I got it." One day you'll look around and the manifestation of that thing will be visible for all to see in your life.

Don't Be Afraid to Step Out of the Boat

God is calling us to a place of absolute faith in Him. But, it is going to require our courage and commitment. James 1:6 says, "But let him ask in faith, nothing wavering. For he that wavereth is like a wave of sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord." When we have worry, doubt, and unbelief, we are no different from a wave being tossed to and fro by the wind, and God says this person shouldn't expect to receive anything from Him. Doubt stops God.

Jesus' disciples struggled with doubt at various

times during their journey with the Lord during His earthly ministry. One of the most noted accounts of the disciples having to stretch their faith in the Lord was when they saw Him walking on the tumultuous waves of the sea. Matthew 14:22-31 describes what happened:

“And straightway Jesus constrained his disciples to get into a ship, and to go before him unto the other side, while he sent the multitude away. And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone. But the ship was now in the midst of the sea, tossed with waves: for the wind was contrary. And in the fourth watch of the night Jesus went unto them, walking on the sea. And when the disciples saw him walking on the sea, they

were troubled, saying, It is a spirit; and they cried out in fear. But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid. And Peter answered him and said, Lord, if it be thou, bid me come unto thee on the water. And he said, Come, And when Peter was come down out of the ship, he walked on the water, to go to Jesus. But when he saw the wind boisterous, he was afraid, and beginning to sink, he cried, saying, Lord, save me. And immediately Jesus stretched forth his hand, and caught him, and said unto him, O thou of little faith, wherefore didst thou doubt?”

In this passage, Jesus—whom the disciples had a relationship with and had seen perform great miracles, doing something supernatural—was defying natural laws

by walking on water. But, this was no different from any other supernatural acts they had seen Him perform. In fact, they had *just* seen Jesus multiply fish and bread to feed five thousand people! However, the disciples struggled with doubt, and in these moments, their faith in exactly Who was approaching them was wavering as they began to allow fear into their thinking.

Never one to pass up an opportunity to be at center stage, Peter decided to take a chance and step out of the boat. Jesus, in response to his statement, “If it be thou, bid me come unto thee on the water,” said, “Come.” Peter was the only disciple who dared to believe the Lord in those critical moments. As a result of his faith, he was also able to defy natural laws and walk on the water toward Jesus. The problem came when Peter began to pay more attention to what was going on around him—the wind, the waves, and the atmosphere of tumultuous weather. At the very moment

that he gave his attention to his surroundings—and took his eyes off Jesus, doubt entered his mind and he began to sink. Think about it. The sea was roaring when Peter first stepped out of the boat. The only thing that changed as he walked on the water toward Jesus, was his focus! He became more focused on his surroundings and the danger, than he was on Jesus and His word “Come.” When God speaks, the check is good *that day!* You can take it to the bank and cash it! It’s not “postdated” to be deposited on a future date! Praise God!

How many times have you decided to walk on the water, and even stepped out on faith, only to have worry, doubt, and fear creep into your heart because of contradicting circumstances? Or, have you become like the rest of the disciples who dared not step out of the boat at all because of their doubt and unbelief? Jesus said Peter had “little” faith because it only lasted for a brief moment before he allowed doubt to quench it. It was a short burst of faith that had no

endurance. That's what worry and doubt does—they deflate your faith so it can't go the distance. Fear of sinking connected Peter to the thing he feared and doubt contaminated his faith.

The same thing happens to us when we start giving our attention to things that contradict God's Word. Jesus told Peter to "Come" and the devil said, "Wind blow." Like Peter, we may have a tendency to give the words of the enemy a second thought, but we must keep our faith locked and loaded at all times. If Peter had opened his mouth and declared the Word of God in that situation, I'm sure he would have continued his "water walk" toward Jesus with no problems!

God has provided everything we need for this journey we call life. Some people do not understand that He has provided grace for every area of our lives. When we are able to comprehend all that grace is, we will appreciate and value the finished works of Jesus more and more. Every success we have comes by grace, and every good and perfect

gift comes from above. When we rest, God goes to work. So, stop trusting in your ways and your abilities, and trust Him entirely.

If we are to stand in the face of the world's doubt and negative attitude toward God, the Bible, and anything that represents Christianity, we must be faith giants. We've got to make our minds up that *nothing* is going to stand between us and God's promises. We cannot allow worry and doubt to rob us of what rightfully belongs to us, whether it is healing, deliverance, or financial increase. Getting our faith to this level is going to cost us something, meaning, we can't expect to have mountain-moving faith and we're not willing to do what is necessary to build ourselves up spiritually. God is waiting on us to come to Him so He can empower us with the tools we need to win, not some of the time, but all the time! Hallelujah!