





## WORRIES, UNITE

**Matthew 6:34** *“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”*

God is never anxious, worried or afraid. His presence in the midst of our lives should be a calming influence because He knows all that we will face. There are circumstances in our lives that blind side us and leave us dazed, but nothing ever surprises God. Our great God is able to handle any situation because He is not just all powerful, but all knowing as well.

In scripture God rarely sends people into situations where they are comfortable; instead He sends them into crazy circumstances and then promises to be with them in their fear. It is God’s presence, not comfortable circumstances, that teaches us to deal with anxiety and fear...and that in turn will make us into the people God intends for us to be.

- God told Abraham to leave everything familiar and go to a land he did not know.
- God told Moses to confront Pharaoh.
- God told Joshua He would go with Him into land that seemed unconquerable.

Jesus himself said to His followers, **John 16:33** *“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”* Yet nobody had more tribulation than Jesus. The peace of Jesus is something much deeper than self-help techniques to manage stress and it is deeper than anxiety reduction to make life more pleasant; it is the settled conviction that goes down to the core of your being, that all things are in God’s hands.

Two ways to grow out of timidity or fear:

### **1) Let Love Cast Out Fear**

**2 Tim 1:7** *For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.* Paul said the Spirit does not make us timid, He gives us power and love. Living with God’s Spirit means we let the perfect love of God wash over us until our fear begins to leave.

The kind of anxiety the Spirit wants to free us from is not just physical but also emotional. God’s will is not for intimacy with Him to be one more thing you have to worry about! God wants to love you, and in loving you, to cast out your fear.

Scripture promises in **Phil 4:7** *And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* The peace of God literally means the peace that God Himself has, the serenity that characterizes God’s own eternal being; **that peace** will guard our hearts and minds.

The promise of God is that the Spirit will stand guard over our mind. This is why prayer is the single most fundamental spiritual discipline when it comes to putting off anxiety and putting on peace. Prayer, turning any concern over to God when we feel it, is the part we play in allowing the peace of God to stand guard over our mind.

### **2) Take Direct Action to Face Your Fear**

Living in peace is not something that involves only our inner thoughts, it also involves what we actually do. The Spirit will help us grow in peace by leading us in circumstances we would normally want to avoid. We are to move forward, embracing challenges, despite our anxious thoughts.

There is no way to get the peace of God from our head to the rest of our body without trusting God enough to directly confront our greatest fear. The Bible and prayer were not given to us as forms of anxiety avoidance. In the long run, anytime we avoid doing the right thing out of fear, we die a little inside. His peace is when you go climb out on a limb knowing He has you; That is when we really trust God’s Spirit.

