



... Heart to Heart ...

Anxiety is **always** a response. It is a state of apprehension, of uneasiness and a sense of insecurity. It creates fears because of uncertainty. It leads us to approaching life and life's problems in a way other than what God intended. Some spend their efforts to avoid situations rather than deal with them in a proper way.

Cloudy, rainy days set in and some people get gloomy and down. It leads them into a depressed state of being. If they responded rightly within their being, all that could be avoided.

Jesus gave the solution to anxiety, all anxiety, in Matt. 6. One must realize they can't serve two masters (v.24). Inside your heart, you can only serve one master at a time. As anxiety enters your heart, your focus goes toward the one thing that made you anxious. Because of what Jesus taught about two masters, listen to His next words: "For this reason I say to you, do not be anxious about your life..." (v.25). Jesus is teaching us that we must decide who is going to be our Master and what we treasure in our heart. He takes us to the statement "Look!" (v.26) God is feeding the birds and when anxiety enters your heart, it takes you lower than the birds! Jesus knows the importance of our mind set and approach to things around us. When you get anxious, it leads to worry and it makes your thought process inefficient (v.27). You lose sight of reality! Look at creation, where did it get its beauty (v.28-29)? Jesus states the real problem: **Faith!** (v.30) Where does genuine faith come from? Listening and responding to God's word. Faithlessness is when one hears and doesn't respond in a proper way. Jesus is saying, "*Stop being anxious! Get your heart settled on the right Master. When you respond by faith, you will find relief!*" Jesus brings us back to the issue at hand, anxiety (v.31)! The secret to overcoming anxiety and worries is learning to listen, accept and respond to the word of God because He is my Master! The lost world is faithless and seeks a different master (v.32). What is the only thing one has to do to control anxiety? Seek God's interests first and above all or God's not going to help (v.33). It is all conditional! The Gentiles/outsideers can't find relief over their anxiety and fears because they aren't interested in God's ways. Jesus concludes by switching thoughts to tomorrow (v.34). When you lose sight of God, you can't see what's happening today much less tomorrow.

Anxiety is caused by our reactions to some threat that has come upon you. You have to determine within your being who is Master and change your thinking. More next week. Think about it!!!

Brent