



... Heart to Heart ...

Anxiety is a **response** to situations. It is a state of uneasiness and a sense of insecurity that creates fears within our beings. Jesus dealt with the problem of anxiety and it is rather a surprisingly simple solution. Just read Matt. 6:19-34 and it becomes clear. The secret to overcoming anxiety is learning to listen and respond to God’s word. Worries and fears crowd out God, which leads to greater problems in our personal lives. A lady wouldn’t come to the assembly because she was afraid her dress wasn’t fashionable enough and she felt she would not be acceptable to others. What was ruling her life? What meant the world to her at that moment? If you value something more than the Lord, you are allowing that thing or situation to determine your life! What if we sought God and His ways first and foremost? Would that bring security and peace?

Paul dealt with anxiety. “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your request be made known to God.” (Phil. 4:6) *“Be anxious for nothing!”* Stop anxiety before it starts. How? Instead of allowing situations to rule, turn to God in prayer. Let Him know where you are and what you need. It’s called exercising faith! What will God do? “And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.” (Phil. 4:7) When we are honest with God and move to Him, allowing Him to have our thoughts, He gives His peace! His peace is so great that it can’t be understood by the human mind. When will we believe that God is bigger than any problems in life?

If we respond to God the way He asks, we will find ourselves settling down. If we don’t respond His way, we will be left in our own mind set, trying to find your own way while your life fills with fears and anxieties.

Peter taught on how to stop all anxiety. “Therefore humble yourself under the mighty hand of God, that He may exalt you at the proper time.” (I Pet. 5:6) God rules! Anxiety makes one forget and lose faith that He rules all the time. He’s mighty and the same God who parted the Red Sea! What should we do? Humble ourselves before Him! “Casting all your anxiety on Him, because He cares for you.” (I Pet. 5:7) When you humble yourself before God’s mighty hand, He expects you to cast all your anxiety on Him! He cares for you. Instead of uneasiness and worry, you will find peace and His help.

Learning to walk faithfully with the Lord takes humility. Anxiety is a response to a situation and we need something greater than the threat: **GOD, THE ALMIGHTY!** Think about it!!!

Brent