

God's Cure For Worry

What are you worried about? Isn't everyone worried about something? What is worry or anxiety? Where does it come from? And is there anything that can be done about it? Stay around and find the answers. Not just any answer. I will give you God's answers.

Intro.

Anxiety is defined as distress or uneasiness of mind caused by fear of danger or misfortune:

Everyone has distress at times. Everyone experiences being afraid of things that are dangerous, like snakes. I remember being in Africa a few years ago on a mission trip. I noted a odd-shaped hole at the base of a building. I asked our guide what it was. He casually said, "It's a mamba hole." Black mamba's are one of the most deadly snakes in the world. From then on, every time we walked a narrow path, I had an "uneasiness of mind". I was anxious.

The New Testament word for anxiety also carries with it the idea of being distracted. When our focus should be in one direction, we are distracted by other things that are distressful. This is a key idea: Being distracted from what is important.

Anxieties are an extra weight that we can feel. Proverbs 12:25 "**Anxiety** in a man's heart weighs him down, but a good word makes him glad." This idea of extra weight is a pretty good description.

Jesus saw anxiety in Martha. Marth was not able to listen to Jesus because she was so busy serving a meal to Jesus, the 12 disciples. And her sister Mary was not helping her. Mary had stopped the preparations and was just listening to Jesus. Martha complained to Jesus, in Luke 10:40-42, "...Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." (41) But the Lord answered her, "Martha, Martha, you are **anxious** and **troubled** about many things, (42) but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her." He was being nice to Martha. He wanted her to see what she could focus on instead of being distracted by serving a meal.

Jeremiah, one of God's prophets, said, in Jeremiah 17:5-8 "Thus says the LORD: "cursed is the man who trusts in man and makes flesh his strength, whose heart turns away from the lord. (6) he is like a shrub in the desert, and shall not see any good come. he shall dwell in the parched places of the wilderness, in an uninhabited salt land.

Jeremiah told us where anxiety comes from and what it feels like.

Then he added, (7) “blessed is the man who trusts in the LORD, whose trust is the LORD. (8) He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.”

Jeremiah is telling you and me that worry or Anxiety comes when a man 1) trusts in people. When politicians convince us that they are the savior of the nation or state. That will cause anxiety. Then he tell us that people with anxiety are 2) trusting in their own strength or abilities. But some things we just can't fix by ourselves. And third, Jeremiah tell us that the anxious person has turned away from the Lord. They are not focused on God. Other things have distracted them.

He told us that a man is blessed when he does the opposite. His trust is in God and God IS his trust. He trusts in God's abilities and strength. He gets closer and closer to God. He does not worry, but flourishes in the bad times..

Here are 3 facts worth considering.

First, People with worries or anxiety are looking inward not outward. What is going to happen to ME.

Second, People with anxiety are often not able to change anything. Jesus said **Luke 12:25-26** “And which of you by being anxious can add a single hour to his span of life? (26) If then you are not able to do as small a thing as that, why are you anxious about the rest?”

He is right, isn't he? If you can't do anything to lengthen your life, (and life is quite important), why get concerned about things that are LESS important? Let's not waste our time and energy on things that are LESS important. Let's not get distracted.

And third, Anxiety can make us freeze with fear. A black mamba in my path would cause me to freeze, but the dread or fear of having such an event should not cause me to stop walking the paths. It should not cause me to freeze up.

There is a passage in the Bible that speaks directly to the issue at hand with clear answers that we can all use. It is Philippians 4:6-7 “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (7) And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Do you see the answers?

First, he tell us to use prayer. Do not start with a request. Do not ask first. Start a conversation with God. Describe to Him what you see as the problem. Describe to him the real importance of this problem or worry. Grow your faith in Him. Build trust between you and him. Refocus your distraction.

Second, NOW use supplication. This is when you petition or request God's help. After you have talked with him, then make your request. Express your need or want. Tell him that you think he can do this, but don't lie to Him. Don't *pretend before him that you think he can*. Trust in God, like Jeremiah told us.

Third, say thank you. Express your gratitude to him. Thank him for what he has already blessed you with. The food you already have. Or the clothes you are wearing. Tell him thank you for all the times he has helped you out on other occasions. Like when he made you well from a sickness, or when he gave you friends to support you. Be grateful for everything.

And since you believe that he will be granting your request soon, it is ok to tell him thank you in advance. You believe He will see what you have asked from him is important to Him and His plans. Jesus told us in Matt 6:33, after discussing being anxious, 33) "But seek first the kingdom of God and his righteousness, and all these things will be added to you."

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