

WORRY-GO-ROUND

Carry or Cast?

Common worry and anxiety: a fear over the loss of control...

When I said, "My foot is slipping," your love, O LORD, supported me. When anxiety was great within me, your consolation brought joy to my soul. (Psalm 94:18-19)

Little children have very little control over the elements of life that are necessary to survive and thrive but they are the most trusting. Why? Do you think that one of the reasons Jesus asks us to become like little children might be because of the innate trust they have in God's provision for their every need?

To carry my worry is...

Personally heavy – "An anxious heart weighs a man down, but a kind word cheers him up." (Prov. 12:25)

Practically empty – "Who of you by worrying can add a single hour to his life?" (Matt. 6:27)

Spiritually toxic – "Still others, like seed sown among thorns, hear the word; but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful." (Mark 4:18-19)

It is said that most men experience lives of "quiet desperation." What anxieties or worries are you carrying right now? Jesus says that His burden is light and that His yoke is easy. He urges us to exchange "yokes" with Him and to enter into His life of peace. What is preventing you from doing that today? Will you take Him up on His offer?

To cast my worry: placing my faith in the One who is always in control...

So do not worry, saying, "What shall we eat? or "What shall we drink? or "What shall we wear?" For the pagans run after all these things, and your heavenly Father knows that you need them. (Matt. 6:31-32)

When spiritual protection seems out of control, let the Spirit lead – "When you are brought before synagogues, rulers and authorities, do not worry about how you will defend yourselves or what you will say, for the Holy Spirit will teach you at that time what you should say." (Luke 12:11-12)

In the book of 1st John, the apostle tells us that "perfect love casts out fear." Fear has its roots in punishment. How would the conscious exercise of our love for others dissipate fear and anxiety?

When material provision seems out of control, let perspective inform – "Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?" (Matt. 6:25)

God tells us that we are the "crown" of His creation. At Calvary He proved His comprehensive and timeless love for us. If we meditate on these facts do you think our worries would melt away in the context of His eternal love.

Or...let the birds teach – "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" (Matt. 6:26)

When life seems out of control, let prayer encourage – “Do not be anxious about anything but in everything, by prayer and petition, with thanksgiving, present your requests to God.” ***(Phil. 4:6-7)***

The apostle Paul entreats us to “pray without ceasing.” How would a constant line of communication with the Lord help us in overcoming anxiety? Why is this conversational type of prayer so important in defeating our fears?

Cast all your anxiety on Him because He cares for you. (1 Pet. 5:7)