



The Kingdom Perspective

The Cure for Anxiety

Hello, this is Pastor Don of Christ Redeemer Church. Welcome to The Kingdom Perspective.

What is the cure for anxiety? The cure is not necessarily to change our circumstances. Great if you can do that! But you'll probably then just find something else to worry about. In this world, trouble is unavoidable.

The absolute cure is to fix our mind on the character and promises of God.

Listen to the prophet Isaiah (Isaiah 26:3-4 ESV):

You keep him in perfect peace
whose mind is stayed on you,
because he trusts in you.
Trust in the Lord forever,
for the Lord God is an everlasting rock.

Isaiah calls us to fix our minds on God. God gave us a mind to think, and He wants us to use that mind to think about Him. We must not be driven by the endless anxieties of our heart but by accurate thoughts about God. God wants our minds to be “stayed” on Him. This word “stayed” means to rest upon, to be supported by. Just as when you sit down in a chair you are resting your full weight upon the support of that chair, so too, when you direct your anxious thoughts to God’s character and His promises, you are learning to rest your life on Him. He is the support of your soul.

To help you grow in your trust in God, you should consider memorizing and meditating on verses like this one from Isaiah. Doing so takes your minds off your worries and puts them onto the wonder of your Creator.

It gives us security and perspective, like standing on the solid, unmovable top of Mount Washington. You can be confident that God will uphold you, not only now, but also for eternity.

Something about from The Kingdom Perspective.

“In that day this song will be sung in the land of Judah:

‘We have a strong city;
he sets up salvation
as walls and bulwarks.
Open the gates,
that the righteous nation that keeps faith may enter in.
You keep him in perfect peace
whose mind is stayed on you,
because he trusts in you.
Trust in the Lord forever,
for the Lord God is an everlasting rock.
For he has humbled
the inhabitants of the height,
the lofty city.
He lays it low, lays it low to the ground,
casts it to the dust.

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The foot tramples it,
the feet of the poor,
the steps of the needy.”

~ **Isaiah 26:1-6 (ESV)**

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