

From the Family Room

Creekwood Church of Christ
Mobile, AL
ANXIETY

19 March, 2017

²⁵ "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?" ²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And which of you by being anxious can add a single hour to his span of life? ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰ But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? ³¹ Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you. ³⁴ "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. Matthew 6:25-34

8 BIBLE VERSES TO HELP YOUR ANXIETY

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1 PHILIPPIANS 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

2 PSALM 62:8

"Trust in him at all times, you people; pour out your hearts to him, for God is our refuge."

3 PSALM 55:22

"Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."

4 PSALM 61:2

"When my heart is overwhelmed, lead me to the rock that is higher than I."

5 1 PETER 5:7

"Cast all your anxiety on him because he cares for you."

6 JOSHUA 1:9

"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

7 MATTHEW 11:28

"Come to me, all you who labor and are heavy laden, and I will give you rest."

8 HEBREWS 13:6

"So we may boldly say, 'The Lord is my helper; I will not fear. What can man do to me?'"

DailyPositive

Anxiety causes us to ask the question "What if this happens...?" We all know God is with us and is bigger than any problem we may have, but some problems are scary and right in our face threatening us. "What if ...?"

When problems threaten us this week and we feel anxious and overwhelmed, let's all remember to bring our cares and requests to God in thankful prayer. Anxiety and stress can make us better if we handle them right. They can make us bitter if we allow them to handle us. God is with us wherever we go. I pray we will all enjoy the peace of God that the world does not understand.

RICKY