

ANXIETY!

WORRY!

STRESS!

What if...?

should I...?

But supposing...!!!

will it...?

When will...?

But it might...!!!

How can I...?

I know but...

??????????

Anxiety, or worry, is one of our most common experiences and it's one of our biggest problems. It gets us down, takes over our lives, keeps us awake at night and it can even damage our health. When someone says don't worry, it doesn't seem to help very much! 'It's alright for you', we may think; 'you don't have my problems!' What's more, anxiety keeps coming back! When the reason for our worry has passed it's not long before something else crops up and off we go again.

What can we do about it? Is there a real answer?

The Bible has something to say about all the experiences we meet in life, and its dependable advice has helped countless people over the years. The Bible repeatedly speaks about anxiety and we can find real help there in God's word.

For example, the Lord Jesus Christ spoke about the anxiety we often feel over what we need in practical, everyday life. He proved how pointless anxiety is, showing that mere worry does not change anything! He also gave a very wonderful answer to these worries by showing us that God, out of His great love and kindness, is more than able to provide us with all that we need in the course of our lives. However, Christ emphasised that in order to experience these promises of God, we must turn to Him for salvation, and put Him first in our lives by following His will and obeying His commandments. Then we can trust Him to faithfully care for us in every aspect of our lives. (You can read more about this in Matthew Ch. 6, verses 24-34).

The Apostle Paul also wrote about anxiety. He advises that instead of worrying about things we should take ourselves, our lives and our troubles to God in prayer, asking Him for His help in our need. He points us to the peace we can experience when we know everything is in the hands of a loving and gracious God (See Philippians Ch4, verse 6)

The Apostle Peter also sends us to God with our anxiety. He writes '*...casting all your care upon him (the Lord), for he careth for you.*' (1 Peter Ch5 verse 7). Here, we are told to trust the Lord to take our cares and anxieties into His own hands, and to remember His goodness and care for us.

We see from these passages that we are repeatedly being told that God is the answer to our anxiety. When we know Him as our God and Saviour, we are able to remember His great love for us, and we realise that He is wisely and powerfully ordering our lives for good. We can trust Him to deal with those things that would otherwise concern and worry us.

Of course, the greatest concern we ought to have is over the salvation of our souls. That is where we must begin and it is something we must go to the Lord about! We will find Him willing to forgive our sins and give us everlasting life when we believe on Jesus Christ, and then the greatest of all anxieties will give way to a peace that will last forever. If the God, who governs the entire universe, is our true Saviour and Lord and is in charge of our lives, then we really have nothing to fear.

