

## Anxiety

Do you know what one the most commonly ignored commands in all of Scripture is? Don't worry. Conversely the most common command in Scripture is: do not be afraid. The Bible tells us – do worry, don't be afraid. We read the passages and then we turn around and ignore them.

We get anxiety. Maybe not about everything but we are all anxious about something. A relationship, finances, our health, the future. We get stressed with work, with responsibilities, with big decisions. Stress is an internal response to worry and anxiety is a bi-product of our fears. We might use different words for it but all boils down to fear.

We have lots of fears. We are afraid to make the wrong decision. We fear what we don't know. We fear what we can't change. So over and over God tells us not to be afraid. He commands us not to worry. To help us obey the command God tells us how to stop worrying. In Luke He says trust in me for if I take care crass of birds, how much more will I take care you my children? In 1 Peter He says to cast our worry onto Him. To give it over to Him.

Christians are not meant to live in fear. We might accept that God exists but to hold onto our fears is to live as if He doesn't. When you worry or live in fear you may call yourself a Christian but you are living like an atheist.

In the church we talk about faith a lot. Faith and doubt. We always pair the two. Doubt isn't the opposite of faith. The opposite of faith is fear. That's why God commands us not to do it. We don't need to be afraid because God loves us. He sent His Son to die for us. He promised to take care of us. He never promises there will be no pain but He does promise to come back and to take that pain away.

We fear because we want to know, we want to be in control. God knows. God is in control. When we place our faith in Him. We can overcome our fears because we know He is good and He will take care of us.

### **Scriptures to put on the bottom**

Pslams 34:4

Psalms 42:5

Phil 4:6-7

Matt 6:25-34

Matt 11:28-30

Luke 12:22-34

Romans 8:28

1 Peter 5:7