



Word of God Ministry Church Under The Son

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Anxiety

Anxiety is a feeling of uneasiness or fear, usually about something that has not happened yet. People can be anxious about their future, their health, their families, or their work. Sometimes people struggle with pinpointing the exact cause of anxiety. God's Word tells us that we do not need to be anxious about anything. He offers His peace, which is beyond anything humans can comprehend, to guard our hearts and minds (Philippians 4:6, 7).

- Understanding Anxiety

Luke 21:34³⁴ "But take heed to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that Day come on you unexpectedly."

Being anxious is like carrying a great weight that burdens all aspects of your life. Anxiety can drain your energy and make it difficult for you to fellowship with God and with others. The core of fear is a lack of trust in God's ability or willingness to care for you. People often try earthly remedies for their anxiety. While sometimes counseling and medication are helpful, especially to recover from crisis-related anxiety, only God's peace can bring true long-term relief.

- Fear Of Death

Psalms 23:4⁴ "Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me."

Anxiety about the future is often centered on the fear of illness or accidents that result in death. For many, even Christians, death may seem like the ultimate unknown. Perhaps you fear the actual process of dying or fear God's judgment after death. For Christians, however, God offers an eternal home in heaven that is far better than the current world in which we live. *"But now Christ is risen from the dead, and has become the first-fruits of those who have fallen asleep. For since by man came death, by Man also came the resurrection of the dead. For as in Adam all die, even so in Christ all shall be made alive" (1 Corinthians 15:20-22).*

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Death is a defeated enemy, and judgment is for those who do not know Christ. The Lord also promises to help you face death. You can trust God's goodness in every aspect of your life, even during your physical pain or death.

- Trusting God

Isaiah 26:3 ³You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.

You can experience peace only as you trust God and keep your attention focused on Him. Regardless of your circumstances, you can trust that God is not only able, but also willing, to replace your anxiety with His peace. While you may have anxiety about how a situation will work out, God already knows the outcome, and He will use that outcome for your good. Focus on God through daily prayer and Bible study. Keep your attention focused on God through friendships with other believers. As you face difficult circumstances, pray specifically, and ask others to pray, also, that God would help you know what to do and provide His peace. This is according to God's will, and you can trust that He will answer.

“Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths” (Proverbs 3:5, 6).

- Encouragement In Anxiety

Psalm 43:5 ⁵Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

God offers many specific encouragements for Christians to consider when they feel anxious. God is with you all of the time and in every situation (Psalm 139:7). He has promised never to leave you nor forsake you (Hebrews 13:5). You can do anything you need to through Christ (Philippians 4:13). God promises to supply all of your needs according to His riches (Philippians 4:19).

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You can also find encouragement because of God's character: His holiness, which refers to His perfect purity; His complete power; and His grace, mercy, goodness, wisdom, and justice. God cannot lie (Hebrews 6:18). God loves and cares for you. *1 Peter 5:7* says, "Casting all your care upon Him, for He cares for you." When you focus your attention on God and trust that His word is true, you can find peace in place of anxiety.

- Victory Over Anxiety

Matthew 6:31-34 ³¹Therefore do not worry, saying, "What shall we eat? Or 'What shall we drink?' or 'What shall we wear?'" ³²For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. ³³But seek first the kingdom of God and His righteousness, and all these things shall be added to you. ³⁴Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

If you struggle with anxiety, seek God's help daily. Confess your anxiety to God and ask His forgiveness for your lack of trust. God will respond by forgiving you and encouraging you to grow into a deeper relationship with Him. The more you know God, the more your faith and trust will grow. You can have faith that God not only knows your needs, but that He will meet them. As your fellowship with God increases, faith will replace fear, and peace will supplant anxiety.

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