

One of our most common problems is anxiety. A little bit of worry is sometimes valuable – we call that care or concern.

2Co 11:28 Apart from such external things, there is the daily pressure upon me of concern for all the churches.

Php 2:20 For I have no one else of kindred spirit who will genuinely be concerned for your welfare.

Too much anxiety builds stress and causes a multitude of physical illnesses – high blood pressure, ulcers, insomnia – or perhaps just nail biting.

Pro 12:25 Anxiety in the heart of a man weighs it down, But a good word makes it glad.

As Jesus called the Jews to
repent, He advised them about
their anxieties.

Matt 6:25 "For this reason I say to you, do not be anxious for your life, as to what you shall eat, or what you shall drink; nor for your body, as to what you shall put on. Is not life more than food, and the body than clothing? 26 "Look at the birds of the air, that they do not sow, neither do they reap, nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?"

27 "And which of you by being
anxious can add a single cubit to
his life's span? 28" And why are
you anxious about clothing?

Observe how the lilies of the field
grow; they do not toil nor do they
spin, 29 yet I say to you that even
Solomon in all his glory did not
clothe himself like one of these.

30 "But if God so arrays the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more do so for you, O men of little faith? 31 "Do not be anxious then, saying, 'What shall we eat?' or 'What shall we drink?' or 'With what shall we clothe ourselves?' 32 "For all these things the Gentiles eagerly seek; for your heavenly Father knows that you need all these things.

33 "But seek first His kingdom
and His righteousness; and all
these things shall be added to
you. 34 "Therefore do not be
anxious for tomorrow; for
tomorrow will care for itself.
Each day has enough trouble of
its own.

Food, clothing and shelter have been promised to those who seek His kingdom and His righteousness. We don't have to be overly concerned about these things, but we will have to do our part in obtaining them.

2Th 3:10 For even when we were with you, we used to give you this order: if anyone will not work, neither let him eat.

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We have to draw a distinction between what we can control and what we can't control. God wants us to plan our lives but He doesn't want us to worry about things that are beyond our control.

On planning, Jesus asks Luke
14:28 "For which one of you,
when he wants to build a tower,
does not first sit down and
calculate the cost, to see if he has
enough to complete it?"

Jesus continues about planning,
Luke 14:31 "Or what king, when
he sets out to meet another king
in battle, will not first sit down
and take counsel whether he is
strong enough with ten thousand
men to encounter the one coming
against him with twenty
thousand?"

As Jesus points out, we must carefully consider every aspect of our lives and for those things over which we have control, we must plan in order to be good Christians.

What about things over which we have no control? Have you thought about what you would do in a great disaster, either from the destruction of things around you or from physical illness?

In listening to the planning some think ought to have been done to prevent the despair in the present disaster, you might think that everyone should have their own personal plan for what would happen if they got cancer. There are some things that might happen to us for which we simply cannot plan.

Tornadoes, hurricanes, forest
fires, typhoons, earthquakes,
terrific snow storms?

If you live in an area prone to one
of these, you know to take steps
to survive.

Phil 4:6 Be anxious for nothing,
but in everything by prayer and
supplication with thanksgiving let
your requests be made known to
God.

However, we do have to be
careful in our requests.

James 4:1 What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? 2 You lust and do not have; so you commit murder. And you are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. 3 You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures.

Worry and stress cause more disease than any other single factor. That would mean that Jesus' comments on anxiety are unquestionably the greatest prescription for our health the world has ever known.

1 Pet 5:7 casting all your anxiety
upon Him, because He cares for
you.

Perhaps you have someone you trust completely. Even they may let you down.

Heb 13:6 so that we confidently
say, "The Lord is my helper, I
will not be afraid. What shall
man do to me?"

We must realize that we will go beyond the toil and trouble of this life. While here, we serve the Lord with patience, but in that land beyond the river, all tears, sorrows and worries will be wiped away.

So we really have only one thing
to worry about.

Rev 21:6 And He said to me, "It is done. I am the Alpha and the Omega, the beginning and the end. I will give to the one who thirsts from the spring of the water of life without cost. 7 "He who overcomes shall inherit these things, and I will be his God and he will be My son.

We clearly have to be concerned about our relationship with God.

All other things fall in the category of plan, but don't worry.

Have you become a child of God?

Col 2:10 and in Him you have been made complete, and He is the head over all rule and authority; (11) and in Him you were also circumcised with a circumcision made without hands, in the removal of the body of the flesh by the circumcision of Christ; (12) having been buried with Him in baptism, in which you were also raised up with Him through faith in the working of God, who raised Him from the dead.