

## Dealing With Anxiety

by

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It doesn't always go the way we figure it should. We make mistakes . . . foul things up . . . sometimes really badly. Sometimes we don't feel we deserve our lot in life, expected more, feel overlooked, bypassed, and misunderstood. Sometimes it goes wrong when we feel we did everything right, life kicks us in the teeth, we hit bottom, with nowhere to turn. And we don't understand why.

What's worrying us? A bad financial deal. A trade that goes wrong. Perhaps our boss got canned, and we wonder . . . are we next? Real estate taxes are up; we live off of a fixed income. Where's the money going to come from? Our neighbor, Joe, from down the street has just put his house up for sale. He's lost his job. Are we next? Will that be us in a few months? We open our monthly 401(k) statement, maybe for the first time in months, and find it's worse than we feared. How are we going to put the kids through college? What about retirement? What if we get ill, what if our best bread-winning days are behind us? The classifieds don't hold much promise, and those resumes we've been sending out don't even garner an acknowledgement. What are we going to do? How are we going to take care of our family? What if the economy gets even worse?

Jesus, a Jew, the Messiah foretold by ancient Hebrew prophets, the only man who claimed to be God who rose from the dead, is omnipotent, omniscient, had a part in creation, decided what you and I would look like from eternity past, and fashioned us in the womb, is alive and deeply concerned with what worries you and I. Listen to what he says:

“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?

“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?

“And which of you by being anxious can add a single cubit to his life's span?

“And why are you anxious about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin,

“Yet I say to you that even Solomon in all his glory did not clothe himself like one of these.

“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, oh men of little faith?

“Do not be anxious then, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘With what shall we clothe ourselves?’

“For all these things the Gentiles eagerly seek; for your heavenly Father knows that you need all these things.

“But seek first His kingdom and His righteousness and all these things shall be added to you.

“Therefore do not be anxious for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.”

Matthew 6: 25 – 34

He merely asks one thing from us . . . surrender. Surrender our ego and cast it before his throne. Ask him to take control, for He is our Maker, and wants only good for us, success for us, an abundant life. He wants us to pray to him and He will take our burdens upon Himself. “I came that they might have life, and might have it abundantly.”  
John 10:10

Messiah came to end our separation from God, a division caused by our sin nature, one we were born into, one we fall prey to in our daily lives. “For all have sinned and fall short of the glory of God.” Romans 3:23

The penalty for this sin nature is death, separation from the Father in Heaven. The good news is that Messiah, Jesus, paid the penalty for us in full, died in our place, a free gift for us . . . if only we choose to accept this gift. How do we accept this gift and experience fellowship with God, have access to His perfect plan for our lives, receive his forgiveness and countless blessings? “But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name.” John 1:12

Jesus explained to one of the highest Jewish religious leaders of His day, Nicodemus, that it actually takes a second birthing to obtain relationship with God. “Truly, truly, I say to you, unless one is born again, he cannot see the kingdom of God.”

“Nicodemus said to Him, ‘How can a man be born when he is old? He cannot enter a second time into his mother’s womb and be born, can he?’”

“Jesus answered, ‘Truly, truly, I say to you, unless one is born of water and the Spirit he cannot enter into the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. Do not marvel that I said to you, “You must be born again.”’” John 3:3-7

How does one become born a second time, this time a birth joining us with the Spirit of God? The answer is simple. Believe that Jesus was Messiah, that He is God, that He died on the cross to pay the penalty for our sins, and that He rose from the dead. It is this faith that is asked of our Savior, a faith that surrenders our will to Him, lets Him have control. No matter what your lot in life, this is all that’s required of our God. So simple, so beautiful, yet at great cost . . . Jesus’ sacrifice of His own life that we might live, and not only live but experience the abundant life that fellowship with our Maker provides. Jesus said to Nicodemus, “For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life.”  
John 3:16

Messiah, Jesus, is a personal God, as is the Father in Heaven, as is the Holy Spirit. Three persons in one God, as personal as you or I. As interested in conversation and interaction as you and I. Concerned about our daily lives, and our anxieties. Pray to Him for spiritual rebirth. One simple prayer, an act of faith, a decision of your will expressed to Jesus. Ask him to come into your life and He will. It’s that simple. At the moment you say that prayer, you are born a second time in the Spirit, and begin an exciting journey of personal relationship with the Savior, with God Almighty. Jesus invites us

into this relationship with Him: “Behold I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him, and will dine with him, and he with Me.” Revelation 3:20

Once you say that prayer, congratulations! You are a child of the King! You will find yourself being changed, from the inside out, for you will be slowly metamorphosed into the likeness of Christ. You will sense the changes, and the Holy Spirit of God, who has just entered into union with your soul, will let you know He is there. It will be like a sixth sense. “The Spirit Himself bears witness with our spirit that we are children of God.” Romans 8:16

All the promises of God are meant for you! He is *for* you! He is with you. And He will never leave you! “I give eternal life to them, and they shall never perish; and no one shall snatch them out of My hand. My Father, Who has given them to Me, is greater than all; and no one is able to snatch them out of the Father’s hand. I and the Father are one.” John 10: 28-30

Begin your new life by reading the Bible. The Gospel of John is a great place to start. The book of Romans is a good place to go after that. God speaks to his children through his Word -- the Bible, through other Christians, through circumstances, and through an inner voice directly to our minds. Listen and talk. You will be astonished how God can turn your anxieties into peace, the peace that passes all understanding. Watch how your every need is met. Praise Him!

“Ask, and it shall be given to you; seek, and you shall find; knock and it shall be opened to you.

“For everyone who asks receives, and he who seeks finds, and to him who knocks it shall be opened.

“Or what man is there among you, when his son shall ask him for a loaf, will give him a stone?

“Or if he shall ask for a fish, he will not give him a snake, will he?

“If you then, being evil, know how to give good gifts to your children, how much more shall your Father who is in heaven give what is good to those who ask Him!”

Matthew 7:7-11

May God bless you!