

FEAR NOT? BUT I CAN'T HELP IT!

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life?”
Matthew 6:25-27

Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God which passes all understanding, will keep your hearts and your minds in Christ Jesus.
Philippians 4:6,7

What does God want us to know about anxiety, worry and fear?

1. Come Under the Authority of God’s Standard: SCRIPTURE

2. Our reality: We can’t always CONTROL our emotional response to something, but we can be RESPONSIBLE for how we handle them.

“And apart from other things there is the daily pressure upon me of my anxiety for all the churches.” 2 Corinthians 11:28

I feel a divine jealousy for you, for I betrothed you to Christ to present you as a pure bride to her one husband. But I fear that as the serpent deceived Eve by his cunning, your thoughts will be led astray from a sincere and pure devotion to Christ. 2 Corinthians 11:2,3

When I could bear it no longer, I sent that I might know your faith, for fear that somehow the tempter had tempted you and that our labor would be in vain. 1 Thessalonians 3:5

3. What to do?: FILTER our emotions through God’s word.

- a. Go to GOD for help
- b. Embrace God’s PEACE and PRESENCE
- c. Focus on ACTIVE faith
- d. Be a WITNESS for others

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. 2 Corinthians 1:3-4

And as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. John 3:14-15