

Overcome Fear and Worry

If you turn on any news channel, it is full of devastation, bad reports, financial lack, doom and gloom. Fear seems like a natural by-product. Does God want us to be full of fear? Realize that fear and worry do not come from God: ***“God did not give us a spirit of fear but of power, love and a sound mind.” (2 Timothy 1:7)***. God has no fear. The Spirit He gives us (the Holy Spirit) has no fear. So fear comes into our lives when we **allow** it to come in. You might be thinking, “I can’t help but worry ~ look at the economy, look what’s happened to my 401K, I can’t find a job”, etc.

Jesus tells us to do exactly the opposite, ***“I tell you, do not worry about your life, whether you have enough food or drink or clothes to wear. Isn’t life more important than food and the body more important than clothes? Look at the birds. They do not store food in barns but yet your Heavenly Father feeds them and you are far more valuable to Him than birds! Who of you by worrying can add a single hour to your life? Why do you worry about clothes? Look at the lilies of the field; they do not make their own clothing, yet I tell you, not even Solomon in all of his splendor was dressed like one of those. If that is how God clothes the grass of the field which is here today and tomorrow is thrown into the fire, how much more will He take care of you? Why do you have so little faith? So do not worry or be anxious, saying “What will I eat or what will I drink?”, for the unbelievers seek after all these things and your Father knows that you need them. But seek first His kingdom and His righteousness and all these things will be added to you as well. Therefore, do not worry about tomorrow, tomorrow will take care of itself. Each day has enough trouble of its own. (Matthew 6:25-34)***.

Jesus Himself gives this powerful instruction about worry. He shows how foolish it is to worry and fear about food or clothing (or rent or gas money). He makes it clear that if God takes such great care of relatively unimportant things like birds and grass, how much more will He take care of His children? He has promised to take care of us, but our part is to put God first (“seek first His Kingdom and His righteousness”). In other words, we are to make our first priority seeking God through worship and prayer and studying the Bible so we will know His will.

God tells us that He is a jealous God. He is jealous for **you!** He wants an intimate relationship with **you!** If you will put God first and seek Him with your whole heart, He promises that “all of these things” (all of our needs) will be provided. It’s an awesome promise for those who will put their trust in God.

A key scripture to remember is John 10:10 ***“The thief (satan) comes to steal, kill and destroy, but I (Jesus) have come so that they might have life and have it more abundantly.”*** It is God’s will that you have an abundant life, not a life full of lack and worry. Commit every concern that you have to Him (and don’t pick it up again!). Stay in faith and watch God work in your situation. As you pray in faith, trust and believe that God has already provided the answer to your problem. Begin praising Him and thanking Him for the solution.