

Combatting Anxiety

“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all ⁸comprehension, will guard your hearts and your minds in Christ Jesus.” Philipians 4:6,7

As the pressure mounts from all sides Paul’s words can seem like an impossibility. The threat of illness, concern about the future, and cabin fever can wreak havoc on the mind. That is why “Don’t be anxious” is not helpful. So, in addition to the prohibition there are also some things we do to displace the worry.

First, pray. What is prayer but conversation with our ever present help in time of need? God is interested in the things that concern us and when we are filled with concern for others God is eager to answer our prayers and to reveal Himself, His purposes, and and His ways.

Secondly, give thanks. Fear consumes us when we are preoccupied with what we may lose. But everything we have (health, jobs, family, homes) belongs to God and is not ours to lose. Thanksgiving gives us good perspective and keeps us humble.

Prayer and thanksgiving are invaluable in these days and when we exercise them regularly peace stands like a sentry at the gate of our heart. The world longs for this peace. It is God’s gift to His people.