



### Weighed Down

*Proverbs 12:25, Matthew 6:25-27, Philippians 4:6-7*

The times that we are living in right now can easily bring us down. Worry and anxiety seem to be commonplace. But thank God for His Word, because it has many things to say about worry and fear! *Philippians 4:6-7* says, “Don’t worry about anything; instead pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” I love the practicality of these verses. The verses say if you do this, then this will happen. If we don’t worry, and instead pray to Him, then we will experience His peace!

When we read *Matthew 6:25-27* we hear Jesus telling us not to worry about everyday life. Jesus says that our heavenly Father knows exactly what we need and will take care of us! Verse 26 says, “Look at the birds. They don’t plant or harvest or store in barns, for your heavenly Father feeds them. **And aren’t you far more valuable to him than they are?**” We need to have faith that God does truly care for us!

*Proverbs 12:25* says, “Worry weighs a person down; an encouraging word cheers a person up.” Worrying can be so significant that it can lead to anxiety and depression. We need to be there for our brothers and sisters in the faith. We need to encourage one another with these scriptures because there is power in them! If you are struggling with worry and anxiety during this time, know that God knows and sees your struggle. He cares for you! Pray to Him now.