

The Cure for Anxiety



ANXIETY is a state of worry, fear, and uneasiness about a particular situation. For believers, thank God we have the Lord to turn to in our time of distress and anxiety. The world does not know of such comfort and help and they turn to other means to relieve their innermost fears and worry by turning to smoking, drinking, etc. The Lord told us in His word many times not to worry and not to fear and not to be troubled. There are 6 ways you can overcome your anxiety. They are:

1. Pray!

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." (Philippians 4:6-7)

The bible says to "be anxious for nothing but in everything by prayer and supplication, with thanksgiving" to make our requests made known to God and His peace which is beyond all human comprehension and understanding will guard our hearts and minds through Christ Jesus. Notice the two words in the passage: "nothing" but "everything" which are opposite of each other. We are to "be anxious for nothing" but to pray "in everything." In all our circumstances and trials, we are to bring our petitions before God and God promises us to give us His peace which surpasses all human understanding.

2. Cast your cares!

"Casting all your care upon Him, for He cares for you." (1 Peter 5:7)

"Cast your burden on the Lord, And He shall sustain you; He shall never permit the righteous to be moved (shaken)." (Psalm 55:22)

God wants you to cast your cares upon Him! He cares for you! Cast all your cares, worries, anxieties, and troubles upon Him and leave it there before His throne and He promises you that you will not be shaken and overwhelmed by them if you leave them with Him. When you throw a rock; you do not go back and get it; do you? So it is when you cast your cares upon the Lord; do not go back and reach into Heaven and bring back your cares upon yourself.

3. Keep your mind on the Lord!

"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee." (Isaiah 26:3)

"I have set the Lord always before me; Because He is at my right hand I shall not be moved." (Psalm 16:8)

If you keep your mind on the Lord, the Lord promises to sustain you through all trials and storms that you might encounter in your life. "Stayed upon Jehovah" as the songs says "hearts are fully blest; finding as He promised, perfect peace and rest."

4. Delight in His word!

"Great peace have those who love Your law, And nothing causes them to stumble." (Psalm 119:165)

If you constantly meditate and saturate your mind in the word of God; then God's peace will sustain you and His word will comfort and assure you of His love and care for you.

5. Look to Jesus!

"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." (John 14:27)

"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world." (John 16:33)

"Let not your heart be troubled; you believe in God, believe also in Me." (John 14:1)

Yes, look to Jesus! Remember the bumper sticker: "No Jesus, no peace; Know Jesus; know peace." Jesus is the Prince of Peace (Isaiah 9:6) and will give you peace and rest to your troubled soul.

6. Remember His eye is on you!

"Therefore I say to you, do not worry 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, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?"

"Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble." (Matthew 6:25-34)

"Are not five sparrows sold for two copper coins? And not one of them is forgotten before God. But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows." (Luke 12:6-7)

"His eye is on the sparrow" as the song says and "I know He watches me." "God will take care of you" as the song says. Do not worry about your life but know that your Heavenly Father knows of your needs but seek Him first and He will add the other things unto you!

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