

PASTOR'S BLOG APRIL 28, 2020 Counsel For the Anxious

Anxiety weighs down the heart, but a kind word cheers it up. (12:25)

ANXIETY. The Hebrew word translated as anxiety means the emotional distress caused when something vital to your life is threatened.⁹² The key to dealing with anxiety is to look at our heart attitude toward the thing threatened. There are many things that are considered important for a high quality of life in this world. Yet as we have seen, if we rely on God the most, that makes everything else less vital and thus our lives less fragile. Anxiety cannot be completely eliminated. Because Paul loved his young churches, he was anxious for them (2 Corinthians 11:28), and yet he counsels us to avoid debilitating anxiety by deliberately resting our hearts in God rather than anything else (Philippians 4:6–9). In this proverb, however, we are told we should not try to deal with anxiety on our own. We need a kind word from others. We need people to affirm us, to relate their own experience, to point us to God, or even just to be there so we don't feel so alone.

What helps you the most when you are anxious? Have you used all the spiritual resources you have for anxiety?

Prayer: Lord, you have instructed that I deal with anxiety through, among other things, thanksgiving (Philippians 4:6–9). So I thank you for all the ways in the past you took care of me. And I thank you ahead of time, knowing it will be wise and good, for whatever you do with my future. Amen.

From: *God's Wisdom for Navigating Life by Tim Keller*