

## Pastor's Blog May 5, 2020 Peace for the Anxious Heart

I woke up today feeling anxious about my health ,my future, the church, my family and I thought, yes Victor, you and the world are full of ANXIETY !

I would like to share some thoughts with you that brought me back to normal and restored my joy and gave me the courage to get out of bed and go about my day.

1. Self-check
  - ✓ Am I healthy
  - ✓ Am I virus free
  - ✓ Is my family doing well
  - ✓ Do I have food on the table
  - ✓ Do Patrice and I have an income
  - ✓ Is Eliot doing well
  - ✓ Who can I pray for
2. Focus on Others
  - ✓ Pray for family and friends
  - ✓ Pray for the church
  - ✓ Pray for those who suffer from the virus
  - ✓ Pray for a cure
3. Give Thanks for All I Have
4. Seek Out What does God say about an anxious heart

### **Definition**

ANXIETY is a state of mind wherein one is concerned about something or someone. The anxious mind is torn between trusting in God and desperately seeking to “fix” their own problems

Anxiety ranges from genuine concern about food, clothing, shelter, health, personal safety, our families or our church. Anxiety becomes harmful and even paralyzing when it becomes an obsession that focuses on our problems to the extent our thoughts become irrational and we are overcome by fear that originate from a distorted perspective of life.

### **Encouragement from The Word**

Jesus did not prohibit genuine concern about food or shelter, but He taught that we should keep things in their proper perspective. We should make our focus God's kingdom, our serving others any way we can. When we do, everything else will fall into its proper place.

Matthew 6:25-35

*25 “Therefore I tell you, do not be anxious 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?*

These things are important and needed but they are not the total of our life. There is something more, someone more to focus on in life.

*26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?*

Every day we see the birds returning from their winter homes and the eagles soaring and they have food and shelter and all they need but they never give it a thought because their Father in Heaven provides for them. Do we think we are less in the eyes of God than the birds of the air? Jesus did not die for them but for us.

*27 And which of you by being anxious can add a single hour to his span of life?*

Has worry ever resolved any problem you have faced? Has anxiety ever added anything to your life? When has stress ever made you feel better?

*28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?*

We love the new blooms of spring and we don't want to miss a moment of admiring them because they go away so soon. If God creates such grandeur that passes so quickly, will He not take care of each of us who are created in His image and made for eternity.

*31 Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.*

Provide for your family, be responsible with your finances, take precautions against covid-19 by wearing a mask in public and practicing social distancing and washing your hands often and thoroughly.

*34 "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.*

But don't borrow trouble from tomorrow leave what tomorrow may bring in God's hands and give thanks for this day and find as much joy as you can in today.

You are all in my prayers as we walk through this unprecedented time together trusting our God with our lives and the lives of those we hold dear.

Jesus,

Give us peaceful and courageous hearts as we seek to find a way forward in this uncertain world so that we may bring your hope and your light to all those who are struggling and looking for hope. In Jesus Name, Amen.