

HAVE NO ANXIETY ABOUT ANYTHING



Shaken and Set Free

Gwen Meharg

He was not lounging in a recliner sipping tea when Paul wrote those words.

He was in chains in a Roman prison.

Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus.

From his prison cell Paul tells us to turn our anxieties into prayer.

Is he kidding?

Maybe Paul could do that.

But me? I'm not so sure.

They call our era "The Age of Anxiety".

And who of us isn't affected?

The fear that tomorrow will not be safe.

The awareness that life is unpredictable; nothing is certain.

Who knows what's going to happen next?

How can we not be anxious?



Still, Paul says,

Rejoice in the Lord always; again I will say, Rejoice.

Let all people know your forbearance.

The Lord is at hand.

In the face of all the pressures, all those storm clouds, we are to rejoice in the Lord?

And let all people know our “generous overlooking of insult and injury (forbearance)”?

We can do it if we remember that the only unchanging reality in our lives is God.

God is not going anywhere.

When God says, “Let there be light” there is light.

When Jesus says, “Lo I am with you always,” it is so.

Maybe it’s beyond our power to change our situation.

But it is within our power to focus on God.

To rejoice in his presence.

To show kindness to those around us.

To lay our worries before God as prayer.



In the Midst of the Storm



Peace Be Still

***And the peace of God,
which passes all understanding,
will keep your hearts and your minds in Christ Jesus.***

Philippians 4

Prayer- Lord, we bring our anxieties to you. We trust you to lead us through every storm and to keep your promise that you are ever with us and that in you there is no reason to fear. We rejoice in who you are. We rejoice in your presence. We open our hearts to your loving kindness. We open our hearts to your peace. May we live and thrive in the midst of any trial.... as a thanks offering and as a testimony of what you give to those who seek and find you. MM

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