



DATE WITH GOD

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“How long will I store up anxious concerns within me, agony in my mind everyday?” - Psalm 13:2

Worry, anxiety, stress...these all seem to plague us at one time or another. We often forget that worry is not of God and that it is actually a sin. As we store up anxious thoughts our minds become consumed with fear. We try to conjure up plans to solve the problems we're concerned with, but this only leads us to more agony and stress. The world tells us that it is normal to worry and everyone needs a little stress in life. We tell ourselves that it's okay to worry because there are things like finances, health, family, etc. that we care about and worry only shows that we care. And we deceive ourselves with those lies, leaving our minds in over-drive, our hearts burdened and our bodies weak.

But what does God's Word say about anxiety? Philippians 4:6 says, “Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God.”

Yet, we still hold onto our worries, anxieties and fears, not trusting what His Word says. It says, “Don't worry about anything” and last time I checked anything meant any and everything in life. When anxiety, worry and fear try to enter our lives we must refuse to let them in, and we must trust God and turn those anxious thoughts into prayers. We can leave the anxiety behind because our God is the only One who can truly handle everything in our lives. We can't even wrap our minds around how BIG God truly is and how much He PASSIONATELY loves us. But if we will come to Him with our concerns, He will be faithful to bring peace into our minds, hearts and bodies. Psalm 13:5-6 ends by saying, “But I have trusted in Your faithful love; my heart will rejoice in Your deliverance, I will sing to the Lord because He has treated me generously.”

1. What are you worried, anxious or stressed about today?
2. Will you trust God to be big enough to handle your concerns?
3. Take a moment and write or say a prayer, with thanksgiving, telling the Lord your concerns and leaving the burdens in His hands.