

November 25, 2018

Jesus is my Lord!

"Therefore I tell you, do not worry...But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:25-34

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."

Philippians 4:4-7

All of us worry. All of us experience anxiety. But the truth is, for those who serve Jesus and follow him, worry is not an option. Why not? It really all comes down to trust. Do you and I really trust that God can and do we really trust that God will.

Worry and anxiety come from that human nature with which each of us was born. This nature is driven to survive and so it is always trying to protect us from threats; real or perceived. Worry and anxiety are sourced in our fears; primarily the fear that we will not survive some threat.

Rather it be financial or physical or relational or even spiritual, things happen which lead us to fear, and that fear is almost always couched in the future. We lose a job, or take a cut in pay, or have more bills than we have money to pay them, and we begin to fear the consequences. We will lose our home. We will end up on the street. We won't be able to buy groceries or clothe our children or make a car payment.

That fear leads us to worry. We worry about those scary outcomes, more often than not, because we feel powerless and overwhelmed by them. So, what do we do with that worry. Most of us try to hide it. Most of us keep it a secret. Most of us begin to beg God for help, but we still worry. Why?

Frankly, we still worry because we either don't believe God can do anything or because we are not certain God will. These behaviors and false beliefs keep us trapped in worry. How we begin to overcome these road-blocks to peace; to the peace that transcends all understanding?



The Apostle Paul gives us a very clear road map to overcoming worry. Start with prayer, he writes. Ask God for his help. But, in prayer surrender to God's intervention. Many of us like to believe that God is magic. Yes, our Creator is perfectly capable of performing miracles. But too often, I think, we expect and even demand that God give us what we have asked of him in prayer through a miracle.

We need help financially, so we buy a lottery ticket and expect God to solve our problems through a big win. We have a personal health problem or a sick family member and we expect God to perform a miracle and instantly heal. We struggle because a key relationship is broken and we want God to intervene and fix it. Our Lord assures us in Matthew 6 that God knows exactly what we need and he will provide it to us. The important thing to remember here, is that he gives us his answer in his way and in his time.

Next Paul tells us to include petition with our prayers. A petition is shared request signed by a lot of people. We have all signed petitions. In prayer, I believe, to petition means we have shared our fears with others and they are also praying for us.

The Apostle finally adds thanksgiving to this roadmap to God's peace. Thanksgiving is the acknowledgement that God was able, has worked, and that what we prayed for was delivered by our loving Father. Because of this, thanksgiving is essential to overcoming fear and the resultant anxiety, because it reminds us that God can and that God will answer our prayers.

How do we overcome worry, as we must if Jesus is our Lord? We must learn to take my fears to God, to share our fears with others, and to constantly remind ourselves of God's work accomplished in our lives. We give our fears to God. We leave our fears with God. We believe that what our Lord tells us. We believe that all of the things we need will be provided our loving Father. We believe in a God who can and we believe in a God who will. We have peace.



Have
Faith
in
GOD