

Coach House Church

BEACONS

DONT WORRY

1 S T M A R C H 2 0 2 1

It says in Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

In today's world, there is a high level of anxiety. In the UK in 2013 there were 8.2 million cases of anxiety. I'm sure that figure would be higher today. The coronavirus has brought out people's fear and worry.

People are more worried because they can't spend time with friends and family. We can't share our concerns or be heard which means we bottle it all up, making us feel worse. We are worried about catching the virus, or passing on the virus. We are worried about having the vaccine and not having the vaccine. We are worried about what might be in the vaccine and what it might do to us and we're worried about the vaccine not being effective enough. I personally am afraid of needles so I am not looking forward to it. As if all that isn't bad enough the news is full of fear mongering, making the whole situation worse. And we have Brexit to deal with too.

Now, there is of course the medical disorder anxiety, where there is an imbalance of chemicals in the brain and this should be dealt with by medical means, with tablets to help. However, there is also worry and temporary anxiety that we all have to deal with at some point in our lives. Worry and anxiety is hard to deal with. It's not as easy as Bob Marley makes out when he says "Don't worry, be happy".

The bible gives us the method of how to deal with this.

This verse says don't be anxious about anything. This is very easy to say, but as I'm sure we all know it's very hard to do. It's like trying to not think about a big pink elephant after being told "Don't think about a big pink elephant". It's very tricky. So let's look at what we should do instead to make this happen.

The verse goes on to say "in every situation, by prayer and petition, with thanksgiving, present your requests to God." So we are called to pray. And not just pray, pray with thanksgiving. This is key. If we focus on the things that we are grateful for, the worries we have will diminish. If we remember what God has already done for us, we will remember that He can help us in our current situation. Thankfulness is very important in getting rid of worry.

We need to remember God cares for us. 1 Peter 5:7 says "Cast all your anxiety on him because he cares for you." God loves us and wants the best for us. Matthew tells us a bit more detail.

Matthew 6:25-33 says "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"

"And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well."

God has the power to give us all we need and loves us enough to do so.

We are children of God and very important to Him. That doesn't mean that our lives will be perfect or that we will never go through painful situations. This life is hard. We live in a broken world. We live in a world full of sin and struggle and in a world that is degenerating. We will go through times of hardship. The bible promises that to us too. Jesus was talking to His disciples when He was about to be arrested in John 16. In verse 33 he said "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." We know that we will go through hard times, so it shouldn't surprise us.

But, God cares. He understands our pain. He came to this earth and felt the pain that we go through. He won't ever leave us, even through our worst moments. He will be there to support us and bring us through.

We also have an eternal hope. 2 Corinthians 4:16-18 reminds us of this. It says "Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal." If we focus on our eternal hope and what will happen in eternity, we can stop worrying about what we see around us. We know that whatever happens on this earth, it will feel like a moment compared to the eternity that we will have in paradise. When this life is over, we will be with our heavenly father and have no more pain or suffering.

Finally, God can change situations. He can help us feel differently about situations. He can change our mental state and show us a way out. He can help us endure and give us strength. God will help us get through. There are many verses about God giving us strength. One of those is Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." God will keep us and uphold us.

So let us pray and rely on God. He cares for us and can help us. He can change any situation and can help us endure through anything. But focusing on thanking God and focusing on what He has done for us will change our perspective. So let's pray.



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