

Worry, Anxiety

1. Jesus instructs us not to worry about tomorrow; about food, clothing, etc. Matt. 6:25–34. Matt. 6:25.

“Therefore I say to you, do not worry 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?” **Matt. 6:26, 28.** “Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;”

2. Take one day at a time, and don't borrow trouble.

Matt. 6:34. “Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

3. Don't be anxious, but pray. Phil. 4:6–7. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

4. Cast all your anxiety on the Lord. 1 Peter 5:6–7.

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.

5. You can discover the secret of tranquility. Ps. 37:3–7.
Ps. 37:3. Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness. **Ps. 37:4.** Delight yourself also in the Lord, And He shall give you the desires of your heart. **Ps. 37:5.** Commit your way to the Lord, Trust also in Him, And He shall bring it to pass. **Ps. 37:7.** Rest in the Lord, and wait patiently for Him; Do not fret because of him who prospers in his way, Be-cause of the man who brings wicked schemes to pass.

6. Anxiety weighs a person down. Prov. 12:25. Anxiety in the heart of man causes depression, But a good word makes it glad. **Prov. 14:30.** A sound heart is life to the body, But envy is rottenness to the bones. **Prov. 17:22.** A merry heart does good, like medicine, But a broken spirit dries the bones.