



God is bigger than Anxiety

It is so easy to feel anxious, worried, overwhelmed, or just out of control. Many things around us can cause us to stress or fear, and everywhere we turn, it seems like more bad news pops up. How do we continue to seek Christ when everything around us seems to be crashing down or falling apart? The Word of God is the only place to find true peace.

Anxiety is internalized stress. It develops from an anxious mindset and being overloaded with stress. To be anxious is to worry on troubles. You feel restless, agitated, or burdened. If the anxiety is intense your mind won't slow down. Then it becomes hard to relax, even at bedtime. You may have fears, nightmares, or flashbacks.

The Apostle Paul had plenty of reasons to feel anxious. While sitting in a Roman prison, he didn't know if he would be released or put to death. Writing to the church at Philippi, he urged them, "Do not be anxious about anything" (Philippians 4:6).

So, what can Christians do about anxiety? Paul gave us the answer when he wrote: "In every situation, by prayer and petition, with thanksgiving, present your requests to God." When we give our anxiety to God, He replaces it with His peace "which transcends all understanding" (Philippians 4:7). God's peace is beyond comprehension because it makes no sense. When we feel anxiety rising, we should turn to God in prayer. He will give us the peace He promised; listen to David: "I lift up my eyes to the mountains where does my help come from? My help comes from the LORD, the Maker of heaven and earth. He will not let your foot slip He who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The LORD watches over you the LORD is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The LORD will keep you from all harm He will watch over your life; the LORD will watch over your coming and going both now and forevermore (Ps 121)."

While the sources of stress and worry may change over time, the need for hope and peace does not. As Jesus told His disciples in John 16:33, "In Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

God is bigger than anything that comes our way, and He promises to be with us through the peace He gives. In John 14:27, Jesus tells His disciples He will send the Holy Spirit when He returns to the Father, and He encourages us today with these words: "Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." These words still encourage and bring inner peace to us today.

This call to not be troubled or afraid is both timely and timeless. In this life we will always need relief from our anxiety and fear. God's word is always standing by to give hope and peace in anxious times.

Remember these words: *"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."* — Philippians 4:7