

# Blog



## Anxiety

Do you feel anxious?

This week I spoke with a nurse who is caring for Covid-19 patients at our local hospital. It was obvious she was suffering with anxiety. In these strange times of coronavirus pandemic, she is unable to sleep and overwhelmed with anxiety for herself, her family, the patients in her care and the world in general. She is not alone. Anxiety is gripping the world.

During these times of heightened anxiety, the Bible has something encouraging to say. “Do not be anxious about anything,” says Paul. In fact, in Philippians 4:4-8 he writes,

*“Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, 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 your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”*

From the isolation of his prison cell, Paul encourages Christian believers to resist anxiety. Let me suggest a few practical ways with which we can fight anxiety.

### **Fight anxiety with praise**

*“Rejoice in the Lord always; again I will say, rejoice.” v4*

Praise is the key to fighting anxiety. Jehoshaphat overcame the enemy with praise. Paul and Silas sang hymns in prison. We can do the same. Be joyful always. Count everything joy. Give thanks in all circumstances. Sing and make music in your heart to the Lord. Whatever we are facing, fight anxiety with praise.

### **Fight anxiety with the presence of God**

*“The Lord is at hand.” v5*

The presence of God is the key to fighting anxiety. Brother Lawrence taught himself and others to practice the presence of God. Wait upon the Lord. Never will I leave you, never will I forsake you. When you pass through the waters and fire I will be with you. I am with you always to the end of the age. Whatever we are facing, fight anxiety with the presence of God.

## **Fight anxiety with prayer**

*“By prayer and supplication with thanksgiving let your requests be made known to God.” v6*

Prayer is the key to fighting anxiety. Abraham Lincoln admitted, “I have been driven many times upon my knees by the overwhelming conviction that I had nowhere else to go.” Ask and it will be given. Whoever asks receives. Cast all your anxieties on him, because he cares for you. Is anyone of you in trouble? Let them pray. Whatever we are facing, fight anxiety with prayer.

## **Fight anxiety with a positive mind**

*“Whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” v8*

A positive mind is the key to fighting anxiety. Too much negative news coverage of the coronavirus pandemic will drive us to

depression. Maybe we should limit the amount of news we watch. Above all else, guard your heart. Set your minds on things above where Christ sits. Be transformed by the renewing of your mind. Whatever we are facing, fight anxiety with a positive mind.

## **Fight anxiety with the promises of God**

*“And my God will supply every need of yours according to his riches in glory in Christ Jesus.”v19*

The promises of God are the key to fighting anxiety. In the face of economic uncertainty globally, nationally and personally, God has promised his people provision and protection. If you have been adopted into God’s family and God is your Father, he has promised to look after you. Do not be anxious about your life, what you will eat, drink or wear. Your heavenly Father knows what you need before you ask him. Seek first the kingdom of God and his righteousness and he will provide for you. Whatever we are facing, fight anxiety with the promises of God.

The Bible uses the phrase, “Do not be afraid,” 365 times. Do you feel anxious? Fight it with praise. Fight it with the presence of God. Fight it with prayer. Fight it with a positive mind. Fight it with the promises of God. Do not be anxious about anything.