

MEDITATIONS ON THE TRUE CHRISTIAN LIFE

....*"This book of the law [the Word of God] shall not depart from [always be in] your mouth, but you shall meditate on it day and night, so that you may be careful [take heed] to do according to all that is written in it; for THEN you will make your way prosperous, and THEN you will have success".... Joshua 1:8 NASB*

September 16th

A WORRY FREE LIFE

[part 2 of 9]

....*"Be anxious for nothing, but in everything by prayer [proclamation] and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things".... Philippians 4:6-8 NASB*

* In Philippians 4:6, we are told, "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God." Do you see the word "careful" in this verse? It is the Greek word, "merimnao" which means to be troubled; to be anxious; to be fretful; or to be worried about something.

In New Testament times, this word was primarily used in connection with worry about finances, food to satisfy hunger, or some other basic provision needed for life. It pictures a person who is fretful about paying his bills; a person who is worried he won't have the money to purchase food and clothes for his family's needs or pay his house payment or rent on time; or a person who is anxious about his ability to cope with having the daily necessities of life.

This is the same word used in Matthew 6:25, when Jesus says, "Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink." The word "thought" is also the Greek word "merimnao" . But in this particular verse, the Greek New Testament also contains the word "me", which is a strong prohibition to stop something that is already in progress.

This means Jesus is speaking to worriers who are already filled with fret and anxiety. He is urging these people to stop worrying. The verse could be translated, "Stop worrying about your life"....

Then Jesus specifies that they are to stop worrying about "what ye shall eat, or what ye shall drink." So again we see the word "merimnao" used to describe worry, fretfulness, and anxiety about obtaining the basic necessities of life.