

# 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 18th**

## A WORRY FREE LIFE

**[part 4 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*

Is there one particular thing Satan keeps using to strike your mind with worry? Can you think of a single time when worry and fretfulness ever helped make a situation better? Doesn't worry serve only to keep you emotionally torn up and in a state of panic?

I urge you to put an end to worry today, once and for all. If you let worry start operating in you - even for a moment - it will try to become a habitual part of your thought life, turning you into a "worrier" who never knows a moment of peace.

Jesus is sitting at the right hand of the Father right now, interceding for you continually. Jesus understands every emotion, every frustration, and every temptation you could ever face (see Hebrews 2:18). So why not make a deliberate decision to turn over all your worries to Jesus today? Rather than try to manage those anxieties and needs all by yourself, go to Him and surrender everything into His loving, capable hands. Walk free of all those choking, paralyzing fears once and for all.

Jesus is waiting for you to cast all your cares upon Him because He really does care for you (see 1 Peter 5:7). Then once you throw your worries and concerns on Him, He will help you experience the joy and peace He has designed for you to enjoy in life all along!

I can vividly remember a time when I was very concerned about something that was about to occur. Although the challenge before me wasn't so life-shattering, at the moment, it seemed huge and mountainous. I was extremely concerned.

I'm sure you know what it's like when worry tries to flood your mind. It has a way of magnifying issues to the point of being ridiculous, but when you're in the midst of the situation, it seems very real. Only after the event has passed do you realize how silly it was to be so worried about something that was so non-eventful.

But at the time I'm telling you about right now, I was consumed with worry. I paced back and forth, fretting, thinking, and pondering, making myself even more nervous by my anxious behavior. I was nothing but a bag of nerves. Realizing how deeply I was sinking into worry, I reached for my Bible to try to find peace for my troubled soul. I opened it to Philippians 4:6, which says, "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."

I tried to push everything else out of my mind so I could concentrate on God's words in this verse. Through Philippians 4:6, I could see that God was calling out to me and urging me to lay down my worries and come boldly before Him to make my requests known. As I focused on this verse, I suddenly saw something I had never seen before. I realized that this verse showed me step by step how to lay down my worries and boldly make my requests known to God. If I followed the steps laid out in this verse exactly as I understood them, I would be set free from worry and fear! I promptly followed these steps, and in a matter of minutes, my worry was replaced with a thankful, praising, and peaceful heart!

In moments when worry or fear is trying to wrap its life-draining tentacles around me, I rush back to the truths found in Philippians 4:6. Just as I followed the steps found in this verse so many years ago, I still carefully follow them whenever I start getting anxious. Every time I do, these steps lead me from worry and fear to a thankful, praising, and peaceful heart. In fact, I have learned that if I faithfully follow these steps, fear will always be eradicated and replaced with the wonderful,

dominating peace of God.

So don't let worry wrap its tentacles around you. Instead, listen to Paul's advice about how to deal with the problems and concerns that try to assail your mind.