

Bookmarked: No Worries

Alleviating Stress by Believing God

By Tim LaTour, August 04, 2024

Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

1 Peter 5:6-9 NIV

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear... Can any one of you by worrying add a single hour to your life? So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:25,27,31-34 NIV

Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak. Because of all my enemies, I am the utter contempt of my neighbours and an object of dread to my closest friends – those who see me on the street flee from me. I am forgotten as though I were dead; I have become like broken pottery. But I trust in You, Lord; I say, "You are my God."

Psalms 31:9-12,14 NIV

My heart is in anguish within me; the terrors of death have fallen on me. Fear and trembling have beset me; horror has overwhelmed me. I said, "Oh, that I had the wings of a dove! I would fly away and be at rest. I would flee far away and stay in the desert; I would hurry to my place of shelter, far from the tempest and storm." As for me, I call to God, and the Lord saves me. Evening, morning and noon I cry out in distress, and He hears my voice. Cast your cares on the Lord and He will sustain you; He will never let the righteous be shaken.

Psalms 55:4-8,16-17,22 NIV

Declare your anxieties to God

Wait for God's response

Prepare for battle

You are not alone

REFLECTION QUESTIONS

- 1. What are some things that are causing you stress right now? How can you clearly identify them and give them to God?
- 2. What is something you are avoiding? Pray that God will give you the strength to meet that issue head-on.