

SCRIPTURE MEDITATIONS FOR

Overcoming Anxiety

Anxiety which is just a modern day repackaged word for fear, holds us back in so many areas of our lives. We may want to try something new, take our lives in a different or feel God leading us to do something but we are too anxious and scared to follow up on it, even though this may be the key to changing our futures. Meditate on these scriptures about how to deal with anxiety and let this be the first step to being bold.

Philippians 4:6

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus"

Whenever we are anxious, our first step should be to go to our Father in prayer. I can be so bad about this. Sometimes, frankly, I want to be anxious or angry. It must feed some sort of shallow desire or we wouldn't want to do it. Let's instead pray to God for help in every situation.

John 14:27

"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."

This verse is telling us that we could actually have the same peace of mind that Jesus had. It's been offered to us but many times we refuse to take it. I've refused it many times but I know that anxiety is not how we should live. Meditate on what it means to have the peace of Jesus and how we can learn to accept it.

1 Peter 5:7

7 Cast all your anxiety on him because he cares for you.

What does it mean to cast something. The dictionary says it means to fling, throw off or away, to throw or hurl. So in other words, we are supposed to fling, throw or hurl all of our anxieties onto the Lord. And then once they've been thrown, we don't reach for them and try to get them back. Let's work on them being thrown off forever.

Proverbs 3:5

"Trust in the LORD with all your heart and lean not on your own understanding;"

Part of the reason for our anxiety is that the world seems to be getting scarier by the minute, we don't understand everything that's going on around us and we freak out. Unknowns and uncertainties, cause anxiety. Our own understanding is so limited compared to God's, who has the full picture. We merely have puzzle pieces of understanding and it's so frustrating! But we just have to trust that God has a plan. This is super hard for me to do but I know at the end of the day God knows what he's doing and we have to trust that.