

Bible Readings

Do Not Be Anxious - Matthew 6:25-34

The Lord clearly invites us out of our anxiety and tells us not to worry. Here are some Scripture verses to pray when you want to hear the Lord's voice regarding anxiety:

"Therefore I tell you, do not worry about your life, what you will eat [or drink], or about your body, what you will wear. Is not life more than food and the body more than clothing? Look at the birds in the sky; they do not sow or reap, they gather nothing into barns, yet your heavenly Father feeds them. Are not you more important than they? Can any of you by worrying add a single moment to your life-span? Why are you anxious about clothes? Learn from the way the wild flowers grow. They do not work or spin. But I tell you that not even Solomon in all his splendour was clothed like one of them. If God so clothes the grass of the field, which grows today and is thrown into the oven tomorrow, will he not much more provide for you, O you of little faith? So do not worry and say, 'What are we to eat?' or 'What are we to drink?' or 'What are we to wear?' All these things the pagans seek. Your heavenly Father knows that you need them all. But seek first the kingdom [of God] and his righteousness, and all these things will be given you besides. Do not worry about tomorrow; tomorrow will take care of itself. Sufficient for a day is its own evil."

Cry Out

Clearly, our loving Lord does not desire for us to be anxious. So what can we do when that feeling starts to well up within us? I am confident God wants to hear about it. When you are fighting the battle of anxiety, these verses may be an expression of your own heart:

"Answer me when I call, my saving God. When troubles hem me in, set me free; take pity on me, hear my prayer." *Psalm 4:2*

"How long, Lord? Will you utterly forget me? How long will you hide your face from me? How long must I carry sorrow in my soul, grief in my heart day after day? How long will my enemy triumph over me?" *Psalm 13:2-3*

"My God, my God, why have you abandoned me? Why so far from my call for help, from my cries of anguish? My God, I call by day, but you do not answer; by night, but I have no relief." *Psalm 22:2-3*

"Relieve the troubles of my heart; bring me out of my distress." *Psalm 25:17*

“Suddenly a violent storm came up on the sea, so that the boat was being swamped by the waves; but he was asleep. They came and woke him, saying, ‘Lord, save us! We are perishing!’”
Matthew 8:24-25

Philippians 2: 1-16 New International Version (NIV)

Imitating Christ’s Humility

Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

In your relationships with one another, have the same mind-set as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfil his good purpose.

Do everything without grumbling or arguing, so that you may become blameless and pure, ‘children of God without fault in a warped and crooked generation.’ Then you will shine among them like stars in the sky as you hold firmly to the word of life.