

In fact once the whole trial and persecution begins we see Jesus in a place of inner peace and strength.

**CAST YOUR BURDENS ONTO JESUS
BECAUSE HE CARE FOR YOU!!**

Our response should therefore be, If we have a heavy burden of fear, or stress, or anxiety then we need to get into some serious prayer. That means not getting up from our knees until we have got peace in our hearts and the burden has been fully transferred over into the hands of Almighty God. Matthew 6 v 25 – 33 makes it clear that we need not worry about the things that the people of this world worry about..... For our lives, security and provision is found in Jesus. In fact what is declared here is that we are precious to God. He knows what we need even before we ask Him and therefore IF we seek Him first and His righteousness He will give us **ALL** good things.

It is in the context of praise and thanksgiving of who our Lord is and what He has already done for us that our eyes and faith is lifted above our circumstances and we find our deliverance.

It is by opening the eyes and ears of our hearts to the goodness and faithfulness of God that we persevere in intense and extended prayer that enable us to break **FREE FROM ANY AND ALL WORRY AND ANXIETY OF THE HEART.**

When prayer replaces worry, God's gift that passes all understanding comes in and sets us free from all that holds us captive. For in return for seeking Him. In return for trusting Him with our worries the Lord releases His peace, joy and deliverance. His peace becomes a guard .. A sentry at the door of our hearts and emotions protecting us from being overwhelmed and releasing once again the joy of our salvation. This is God's ordained way to guard our hearts from nagging anxiety, fear and doubt. As the words of a famous hymn say:-

“ O what peace we often forfeit! O what needless pain we bear! All because we do not carry everything to God in prayer.”

Stress and anxiety are common realities for a lot of people today.

Millions of pounds are spent by business on stress management courses to help their workers manage their stress levels.

Go into any book shop and you will have rows of self help books to give advice about how to lower your anxiety and stress levels.

Stress and anxiety account for 13 million lost work days a year. 60% of all working adults in the UK will have suffered in some way from stress in the last 3 years.

1 in 13 consultations with a doctor are for stress and anxiety related problems.

In this tract we will look at God's provision for coping with stress and anxiety and see all that God is willing to provide for us to overcome and have victory over this problem.

What we discover is that the Lord Jesus loves and cares for us with a passion. He knows our concerns and worries and out of His great love for us He has provided deliverance.



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THE PRINCIPLES



OF OVERCOMING ANXIETY

“Do not be anxious about ANYTHING, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding will guard your hearts and your minds in Christ Jesus. Philippians 4 v 6 – 7

When we look at the subject of anxiety and stress it is important that we understand that we are the people of God and as such our lives and provision are not of this world. Contained within Scripture is promises and provision that is given to us in Jesus to enable us to overcome the things of this world. So we do not fear the things that

The Lord gives strength to the weary, and increases the power of the weak. Even youths grow tired and weary and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40 v 28 – 31



the people of this world fear, or react in the same way in the face of adversity. So what does the bible say to us as Christians, when we feel the anxiety and stress levels rise within us?

In Philippians 4 verse 6 we see the call of Paul for us not to be anxious about anything. The word Paul uses here for anxious is *merimnao* and it means :- do not be anxious - concerned - worried - worry about anything! What Paul is clearly saying here

is that whatever you are going through whatever you are enduring **DO NOT (for it is a choice) let a root of anxiety - concern or worry take root in your life or in your emotions.** When difficulties, hardship, problems in relationships come..... When the future is unclear because of things going wrong or illness.... We **MUST** guard our

hearts and minds in Christ Jesus to keep them free from the roots of worry, fear and doubt. Paul would not have written the word **ANYTHING** if it were not possible for you and me to truly be **FREE** in **ALL** situations. What is declared here is that **EVEN** in the situations of anxieties and stress **WE** have been through as the people of God we have already been **SET FREE** to make a choice in how we respond emotionally and spiritually to those situations. The reason for this is because the Lord

Almighty Himself would have us transfer our burdens of fear and anxiety to Him. The Lord would have us place the worries and concerns of our hearts into His hands because He cares for us.

The nearness of Jesus.... Within..

Philippians 4 v 5 makes it clear that the Lord is near us and therefore it is in the context of the nearness of Jesus that we are challenged not to be anxious about anything. The Lord is near us. His presence is within us by His Holy Spirit. We are called the temple of the Holy Spirit because His presence lives within us. The Lord is with us and He will never leave or forsake us. In fact He declares that He will be with us even to the very end of the age.

In Coming Again....

Not only is the Lord near us, not only is He within us through the Counsellor, But Scripture also declares that the Day of the Lord is near. This is the day when the Lord Jesus will come back to this earth. The day when He will gather His people to Himself and reward all those who love and have been faithful to Him. Here is the wonderful truth of God's love for you and me that the Lord Jesus, the Lord of Lords and the King of Kings, cares for you and will reward all according to their faithfulness to Him.

This is why Jesus wants us to transfer our burdens of worry and anxiety over to Him. Scripture time and time again gives us this promise of not only God's love and care, but also His desire to carry our burdens for us.....

1 Peter 5 v 6 – 7

“Humble yourselves, therefore under God's Almighty hand, that He may lift you up in due time. **CAST ALL** your anxiety on **HIM** because He care for you.”

The Lord is the One who holds the stars in their place. He is the One who has all power and authority in heaven and on earth.. And He is the One who chooses to care for you!!



Psalms 94 v 18 – 19 clearly promise us comfort, hope and joy when we give our burdens to the Lord...

“When I said, “my foot is slipping.” Your love O Lord supported me. When anxiety was great within me. **YOUR** consolation brought **JOY** to my soul.”

Choose Anxiety or Peace!!

Jesus Himself gives us a choice to make. That choice is to hold onto those things that worry us or receive His comfort as we come to Him in faith and trust and give our burdens to Him in prayer.

Matthew 11 v 28 – 30, Here is Jesus's invitation to us when we are anxious and worried...

“Come to me, all you who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and **YOU WILL FIND REST FOR YOUR SOULS.** For my yoke is easy and my burden is light.”

The Lord calls us to come to Him because He **CARES** for us.... To come to Him because He will give us **REST**... because He will give us **PEACE** and He will give us **JOY.**

In the passage in Philippians we are shown how to transfer our burden over to Jesus... that transferring is done through prayer. It is through **“Prayer and petition with thanksgiving** that we present our requests to God.” For many small problems and concerns we have, a simple and quick prayer of committing the situation or our way to the Lord is enough.

BUT there are times when we need to move into the deeper levels of prayer and fasting when the burden is great and the worry intense. That is why both the normal word of prayer but also a deeper petition or supplicational word for prayer is also advised in this passage.

When the problem is big and the fear intense ... when the situation is a deep threat to you and the outcome seems uncertain.....WE will not find true and lasting peace and supplication unless we get down on our knees and petition the Lord for His deliverance. We need to persevere in heart felt and consistent prayer until our spirit breaks through to a place of peace, assurance and joy once again. Often the reason why we do not experience a peace that passes all understanding is because we do not persevere to a place of **SPIRITUAL BREAK THROUGH** in the place of prayer....

We see Jesus in the garden He is wrestling with all that He is about to endure... He is wrestling with the weight of the burden He is about to carry. And so what do we see? We see His prayer is powerful..... His prayer is passionate..... His prayer is intense..... So much so that His sweat



becomes mixed with blood. He keeps praying, He keeps petitioning until He comes to a place of Break Through, until He gets the peace and comfort that He needs.

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