

**NEWS AND VIEWS**  
from  
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*“Southern Baptists with the Full  
Gospel for the Whole World”*

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*For this reason I say to you, do not be worried about your life...  
I have set the LORD continually before me; because He is at my right hand, I will not be shaken.*

These two passages of Scripture are companion passages taken from one of the daily readings that many of us are reading together. They are taken from Matthew 6:25 and Psalm 16:8. Perhaps you are one of those rare people who don't worry about things in this life. But I suspect that all of us struggle with this condition. The language in Matthew is even a little stronger than *worry*. Anxious is the deeper meaning. Some things I worry about and some things provoke anxiety. Anxiety, when allowed to run its course delivers people in our culture to a place of paralysis. We call them panic attacks in our culture. Anxiety really shakes us up doesn't it? It is at epidemic proportion in the lives of God's people today.

The Lord gives a reason for His people not to be anxious...the reason is found in Who we serve, not what we serve. We are to serve the Master of Life...life is not to master us. The key to being anxious seems to lie in the thinking that God's people can be less than convinced that their Master is a dependable source of provision. The hardest part of trusting God is *trusting* God. This is what it means to be a believer. Now if people are not trusters, they are really not believers. And for the many around us that are not true believers, they have great cause to be anxious about their life. God's judgment is upon them.

To be a believer is to know that God can be trusted with our lives. And if we say we believe Him, then why are we so anxious in the Christian community today? Why are we heavily medicated and frantically seeking counsel from people who are only trained in humanistic and secular psychology rather than God's sacred word? Can we really trust our psyches, or souls, to people who know little about the soul because they know little about God and His word? Thank the Lord that the psalmist lived in a time when people either trusted God or not. Therefore, we have his response to anxiety. In his world you either trusted God or you didn't. And it's still that simple in a world where human progress has made it more complex.

Jesus says that our anxiety level will depend upon our worship experience and we all worship. We trust our lives and give our hearts to things outside of ourselves. Jesus teaches us that the God who cares for hungry birds and grows beautiful flowers surely cares for His people. The Psalmist had discovered that truth and extolled the reality of God's presence in the midst of life's adversities. In verse 7 he says, *I will bless the LORD who has counseled me, indeed my mind instructs me in the night*. You won't think about God and fully trust how much He cares for His people unless you surrender yourself to His word...and believe. The good news is that when you trust God, surrendering yourself to Him...you can receive His counsel...and sleep well at night.

I am not advocating that you should *try God for awhile* if you are anxious...

I am declaring that you can *trust God forever*...the God who created your mind can settle your mind. And that settles that.

Blessings to you,  
Pastor Sam

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