



#14

Theme: Anxiety and Faith

Scripture:

Anxiety: Proverbs 12:25 (HCSB) *“Anxiety in a man’s heart weighs it down, but a good word cheers it up.”*

Faithless: 2 Timothy 2:13 (HCSB) *“If we are faithless, He remains faithful, for He cannot deny Himself.”*

A Thought:

How many scriptures do we need to know and how many hours do we have to spend with the Lord in order to feel His presence? How complete is our faith in our Lord if we do not adhere to the overtone of the aforementioned sentence? Is there certainty or ambiguity in our personal spiritual path? For the past few days my mind has played havoc with this and much more. I know through my reading that the soul has three components....mind, heart and conscience. Well, believe me all three have been tossed around not unlike a washing machine on a high spin cycle. Why? Why do I find myself confronting such daunting thoughts and or theological questions? Is it due to the economic and social issues hitting us like a cold winter gale....or perhaps it's the five funerals I have attended in the past ten months! “Too much anxiety and not enough faith,” I told myself. So one morning before the crack of dawn I raised my hands, I whispered a prayer and talked to God and I sensed His presence....”Help me Lord - please, please clear my anxiety and faith-belief two-face attitude.” And He did! Hebrews 11:6 tell us very clearly..... *“Now without faith it is impossible to please God, for the one who draws near to Him must believe that He exists and rewards those who seek Him.”*

Now....what are your thoughts? Write them down.

Talk to yourself:

- How is your anxiety level? What is your worry quotient?
- What steps do you take when you sense anxiety or loss of faith? Bible?
- How is your prayer life? Do you depend on “crisis” prayer?

- **Scriptures to read:** • Anxiety - Matthew 6:25-34; Proverbs 12:25; Luke 12:29
- Faith - Matthew 17:20; Luke 17:5; 1 Corinthians 13:2; Matthew 9:22;1
- Corinthians 5:7, 16:13; Psalms 34:4

Quote: W. Bingham Hunter, Christian educator

“Faith is a rational response to the evidence of God’s self-revelation in nature, human history, the Scriptures and his resurrected Son.”

Bottom Line:

Gents, in tandem faith requires trust. Jesus illustrates this to us in uncertain terms in Luke 5:4-5. After Jesus gave the word of God to those who lined the shore He jumped into the boat with Simon (Peter) and other fishermen who were not doing well with the catch. He commanded they do the following, *“Put out into deep water and let down the nets for a catch.”* Trust in our Lord Jesus coupled with faith and the command takes hold.... *“Master, we’ve worked hard all night and haven’t caught anything. But because you say so, I will let down the nets.”* The boats became so full that they began to sink. One way to spare us from worry, anxiety and a loss of faith is by placing your fingers on a Bible and seeking God’s guidance. We do not have to be a theologian in order to be in the presence of the Lord. A seminary student once asked theologian Karl Barth ...”what is the most profound thing you have ever learned in your study of theology?” Barth thought for a moment and replied, *“Jesus loves me, this I know, for the Bible tells me so.”* Let down the nets gents!

NOW.....THAT’S THE BOTTOM LINE.

Spiritual Dabbler, Your bro, Ray

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