

The Gospel Unashamed

"From the cowardice that shrinks from new truth, from the laziness that is content with half-truths, from the arrogance that thinks it knows all truth, O, God of Truth, deliver us."

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~ All articles written by Terry Carter unless otherwise stated ~

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Do Not Worry

By Mike McDonald

Christians are not completely immune to anxiety. However, as Holy Spirit-filled followers of the will of God, we do have access to a God who cares for us and who will help us cope with this human reality. Consider, for instance, some things that have been discovered about human anxiety. Objective studies indicate that the average person's anxiety is focused on...

- 40% - things that will never happen.
- 30% - things about the past that can't be changed.
- 12% - things about criticism by others, mostly untrue.
- 10% - about health, which gets worse with stress.
- 8% - about real problems that will be faced.

The greatest "real problem" is the reality of sin in life and the consequences thereof. This is the heaviest burden one can bear. By grace, God gave us Jesus Christ who pleads: "Come to Me, all of you who are weary and burdened, and I will give you rest. All of you,

take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for yourselves. For My yoke is easy and My burden is light" (**Matt. 11:28-30**).

"31 Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 "For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. 33 "But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 "Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble." **Matthew 6:31-34 (NKJV)**

TAKE YOUR BURDEN TO THE LORD & LEAVE IT THERE...

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