



June 2011

Dear Friend of Light of the Word,

“Cast all your anxiety on Him because He cares for you”
1 Peter 5:7

Are you stressed today? Are you worried?

We are living in turbulent times. There is no doubt that there is plenty to be concerned about: the economy, jobs, terrorism, violence, disease, and broken relationships are just a few things that can cause us to worry in our day and age. And if you do not know Jesus Christ, you should be worried! However, if you are a Christian, I want to tell you today that you need not worry about the turmoil in our nation—God has commanded you NOT to worry!

“But Pastor Steve,” you say, “you don’t understand—I lost my job, my wife has left me, my kids are wandering, and I can’t even afford to put gas in my tank! Now you tell me I’m not supposed to worry?” Yes, you are not to worry. No matter what is going on in your life right now, you need to trust Jesus Christ and draw near to Him—casting all your cares (your anxiety and your worry) upon Him and believing that He will work things out according to His perfect will.

You see, when we worry, we are not trusting God to take care of us—we are not believing that He cares for us and that He will help us in the right way and in the right time. I often find that when I start to worry, it’s because I have not “come apart” and spent time in prayer and in God’s Word. Instead, my eyes are focused on the problem instead of focusing on the Lord. It is vital that we maintain a close relationship with the Lord through prayer, Bible reading, and fellowship. If we don’t come apart, we will fall apart. We need to confess the sin of worry in our lives. And we need to give the Lord all of our problems—all our cares—and trust Him to handle them.

Jesus said, “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 important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will He not much more clothe you, O you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (Matthew 6:25-34)

In other words, let Jesus take care of His responsibility to care for you! When you worry, you are pulling the responsibility away from God and taking it upon yourself! The Lord knows exactly what is going on in your life. He said, “Let not your heart be troubled [or terrified]. You believe in God, believe also in Me.”

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We need to guard our hearts from being tempted to take control of our lives away from God. It's really silly to think that we can do a better job of managing our lives than the Lord can, but when we worry, that's exactly what we are saying to God. The reality is that when we worry, we are sinning against God. Not only are we not helping our situation, we are making it worse by sinning and turning away from the Lord.

Whenever fear, worry and anxiety tempt us, we need to run away from them and turn our heart towards God. How do we do that? The apostle Paul said, "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 4:6-7). So, we are not to worry about ourselves; we are not to worry about the things going on in our world; and we are not to worry about ANYTHING AT ALL! God is going to hold things together. He's going to make sense of your life. But you need to see Him as the master of your life.

You are not to worry about your life—that's God's responsibility. The Lord will take care of your needs and see to it that your life will work out according to His will. Give God time to work in your life. Sit still and relax. The only thing you need to do is cast your care upon the Lord. Stay close to Jesus in prayer and have a grateful heart. When you do this, you will find peace instead of anxiety.

In Christ,

A handwritten signature in black ink, appearing to read "Steve", with a stylized flourish above it.

Pastor Steve