

ANXIETY (The Baptist Challenge)

Anxiety is the act of worrying about something that **MIGHT** happen. Someone has done research which shows that 92% of the things we worry about may **NEVER** come to pass. That's really pathetic, isn't it? All that anxiety going to waste. Where does it get you? Nowhere! It's like pouring sand into your engine. You sputter and pop and fail to function. You can't study, you can't get along with others, you can't finish the job, you can't sleep. Anxiety increases your skin problems and triggers stomach aches and headaches. You name it and anxiety will help it along. It destroys your peace and joy as well as your ability to get things done. You worry about tomorrow. When tomorrow comes, you are so worn out that you are unable to cope with it.

Worry is caused by unbelief. You act as if God were a liar. You don't trust God to keep His word. Listen to what He says..."Commit thy way unto the LORD; trust also in him; and he shall bring **it** to pass (Psa. 37:5).

Worry is caused by two kinds of unbelief.

1. Guilt over past sins causes much of your worry. Like: what you did, what you said, how you acted, what you failed to do, how you came across. When you sincerely confess your sins, God forgets them. Why should you remember them?
2. Fear about the future is your other problem. Remember this: God knows what's best for you both today and tomorrow. He cares about you. "Don't worry about anything...tell God your needs and don't forget to thank Him for His answers. If you will do this you will experience God's peace" (Phil. 4:6-7). - Excerpt from the Circuit Rider

ANXIETY (Shepard)

The remedy for all worldly anxieties is to believe utterly in the Heavenly Father's love and wisdom and make His Kingdom and righteousness the supreme concerns, trusting to Him to provide for all lesser interests. Shepard, J. W. THE CHRIST OF THE GOSPELS. Grand Rapids, MI.: Wm. B. Eerdmans Publishing Company, 1939. p. 392.

1 Corinthians 7:32 (Smith)

December 27

"But I would have you without carefulness...."

ANXIETY, or carefulness, is very injurious; it divides the heart, distracts the mind, chokes the word, leads to distrust, and destroys our peace. It is inconsistent with our profession; we have resigned all into the hands of the Lord, and should leave all to His blessing. We should do everything as for the Lord, and consider our families, our property, and our business, as the Lord's; so should we be holy and enjoy peace. Anxiety, or inordinate care, dishonours God; it reflects upon His omniscience to discover all-upon His authority and ability to manage all-upon His mercy, bounty, and liberality, as if He would leave us to want-upon His veracity, fidelity, and immutability, as though His word may be forfeited or His promise broken. Carefulness injures our own souls-it is opposed to contentment and resignation-it nourishes impatience and unbelief-it hinders our usefulness, and hardens our hearts-it cuts off supplies, and procures the rod and the frown. We should therefore aim to be without **CAREFULNESS**, for the Lord careth for us.

How sweet to have our portion there,
Where sorrow never comes, nor care,

And nothing will remove!
We then may hear without a sigh,
The world's destruction to be nigh-
Our treasure is above.

Smith, James. DAILY REMEMBRANCES. Nashville: Thomas Nelson Publishers, 1982. p. 366.

WORRY (Webster's 1828 Dictionary)

v.t. [Sax. werig, malign, vexatious; werigan, wrian, to disturb, to tease, to harass, to weary; or Dan. uroe, trouble, SW oro. The sense of tearing does not properly belong to this word. It may have that sense as secondary.]

To tease; to trouble; to harass with importunity, or with care and anxiety. Persons are often worried with care and solicitude.

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ADDENDUM

WORRY (Shepard)

Worry is the most common malady of the human soul, but it is both unreasonable and useless.

Shepard, J.W. THE CHRIST OF THE GOSPELS. Grand Rapids, MI.: Wm. B. Eerdmans Publishing Company, 1939. p. 391.