

Attacking Anxiety

Code: B121029

Fractured families. Crippling financial debt. Political strife. Rampant violence and immorality. Scuffling economies. Countries in turmoil. Unstable job security and an unemployment epidemic. Widespread hunger. Catastrophic weather events. Poor health. Uncertain futures. Religious persecution. In almost any direction you look today, there is some issue that could cause you to worry.

We live under a constant tidal wave of bad news—that shouldn't be a surprise in such a sinful world. But in light of that bad news, it's easy to sometimes forget or ignore Paul's command to "be anxious for nothing" (Philippians 4:6).

The potential for anxiety multiplies exponentially if you've got children or grandchildren. What kind of world will we leave behind for them? What kind of religious persecution will they live under? What opportunities will they have, and how will they pay for the mistakes of previous generations?

It's enough to keep you awake at night.

However, that's not what the Lord wants. Believers' lives are not meant to be filled with sleepless nights, panic attacks, and crippling anxiety. We know God is in sovereign control of even the smallest details, and we should rest in His constant care for His people.

We know that, but how often do we *live it out*? Over the coming weeks, we're going to look at practical ways to conquer anxiety and trust in God through even the most dire circumstances.

For now, we want to hear from you. What causes you anxiety? What causes you to lose sight—even temporarily—of God's sovereign control and care? And what do you do about it?

GTY Staff

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