

Will You Embrace Fear Or Peace

In our modern day society we have televisions, laptops and cell phones in which we can receive news from all over the globe. What used to take a day or two to process and put into a newspaper to distribute to the masses, can now be viewed as it is happening.

As a result, the level of anxiety has risen around the world as well. The constant bombardment of news about wars, earthquakes, pandemics, city riots, school shootings, missing persons, financial collapse, food shortages and on goes the list, has affected our psyche in ways we are just now learning about. In a nutshell, the level of fear and anxiety is rising among the population of the human race.

Now some people do better than others at processing the events mentioned above. They can better deal with what they are viewing and reading. Others though are being greatly affected by what they are viewing and reading. But then there is a great difference when you are viewing and reading about an event and actually being there in person experiencing it. Would the anxiety and fear level go up a bit if you were not just watching online the Twin Towers in New York City coming down, but rather you were there in person a block or two away from that event. You bet it would.

At some point in life there will be events that will cause us anxiety and fear. The question is, will we allow that anxiety and fear to have dominion over us? We do have a choice. In the following scriptures we will discover our Creator's advice. They might not be a catchall to dealing with the issue of anxiety, fear and worry, but they are a good place to start.

“Don’t worry about anything; instead, pray about everything; tell God your needs, and don’t forget to thank him for his answers. If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus. And now, brothers, as I close this letter, let me say this one more thing: Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about. Keep putting into practice all you learned from me and saw me doing, and the God of peace will be with you.” Philippians 4:6-9

“I will praise the Lord no matter what happens. I will constantly speak of his glories and grace. I will boast of all his kindness to me. Let all who are discouraged take heart. Let us praise the Lord together and exalt his name. For I cried to him and he answered me! He freed me from all my fears.” Psalm 34:1-4