

Worry Not Wisdom
Saturday, March 28, 2020
Philippians 4:6-7

Do not be anxious about anything, but in every situation, 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.

A recent article in the Washington Post was headlined, “Tomb of Unknown Soldier Sentinels Won’t Abandon Post for Virus.” A captain of the 3rd US infantry troops whose vigilant eyes keep constant watch over Arlington National Cemetery’s iconic memorial is quoted as saying, “For us, it doesn’t matter if it’s a hurricane or if it’s the coronavirus. We are always here. We are always guarding.” His words reminded me of the promise given to all who heed the Spirit’s orders for battling anxiety- “And the peace of God, which passes all understanding, will *guard* your hearts and your minds in Christ Jesus.” When ambushed by the enemy of anxiety, He promises His peace will stand as a sentinel guarding our hearts and minds against the adversary of anxiety... *if* we turn our worry into prayer. The promised peace comes only after we obey His command to pray. Specifically, Paul urges two kinds of prayers, *petition* and *thanksgiving*. The victory strategy against worry is telling God your needs and thanking Him for what He’s done. Today, make two lists to share with your Lord. On one list write down everything that burdens you. On the other, identify everything for which you are thankful. Then take those lists and turn them into a prayer. Do this and, believe it or not, you will begin to experience peace instead of anxiety. He guarantees it.

Grateful,
Pastor Ben