



Servants of Christ
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Devotion for Week of August 17th

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. – Isaiah 41:10

For God has not given us a spirit of timidity, but of power and love and discipline. – 1 Timothy 1:7

The steadfast of mind You will keep in perfect peace, because he trusts in You. – Isaiah 26:3

There is no fear in love, for perfect love casts out fear. – 1 John 4:18

Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? –Matthew 6:25-26

Fear is “there is a bear at the door.” Anxiety is “It really seems like there is a bear at the door even though there is no evidence of one.” I have seen a lot of fear and anxiety over the past several months, and no doubt you have as well. There have been times I have had panic attacks before going out in public; It feels like I can’t get air and my windpipe is closing up. The more I focus on the threat, the worse it

gets. Then I take a few breaths, realize that I have 'gotten that out of my system,' and I am fine. No one has ever died from a panic attack but that doesn't necessarily help us in the middle of one!

Then there is chronic anxiety. This is when we put a lot of energy focusing on what we usually can't control. Again, in the midst of it... It may be difficult to sleep well. We turn something over in our minds so much that it consumes our thinking. Thankfully the negative things rarely happen like we have imagined.

What does God want us to do in such natural predicaments?

Philippians 4 has some good advice from Paul----- "6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Paul says to give everything over to God in prayer. That may sound simple, but it can be quite difficult. A lot of times we think God should get on his computer and instantly fix everything we're going through and we might even wish it sometimes. But that is not what God does. When we pray and give over our burdens to God he gives us peace in our inmost being, a peace that eventually will take the place of what has been worrying us. Our souls will "guard" our hearts and minds from the rough circumstances we can't control.

I read of a couple whose son was working in a very dangerous job far, far away. They didn't know if he would return home each night. Naturally they were anxious and not a little fearful. Each morning they prayed that God would protect their son, and eventually they were not consumed by their fears and anxieties.

--What is your list of things that are worrying you right now? Commit those things to God's gracious ears with thanksgiving, and the guard of his peace will protect you.

Prayer: Father, will you please help me to see how you are able to use the stressful moments of my life to draw me closer into your supernatural peace?