

## ANXIETY, STRESS, PEOPLE AND GOD – PART 2

### Matthew 4:1-8

“Not everything that weighs you down is yours to carry.” **Anonymous**

“Anxiety is a lot like a toddler. It never stops talking, tells you that you are wrong about everything and wakes you up at 3 am!”

**Anonymous**

“Our anxiety does not come from thinking about the future but from wanting to control it.” **Anonymous**

“Worry gives a small thing a big shadow.” **Swedish Proverb**

“Much that worries us beforehand can afterwards, quite unexpectedly, have a happy and simple solution. Worries just don’t matter. Things really are in a better hand than ours.” **Dietrich Bonhoeffer**

“Don’t worry about anything. Worrying never solved anything. All it does is distort your mind.” **Milton**

**Garland** (Spoken at 103, when she was the oldest worker in the USA.

“Worry is like a rocking chair, it’ll give you something to do, but it won’t get you anywhere.” **Unknown**

“If you believe that feeling bad or worrying long enough will change a past or future event, then you are residing on another planet with a different reality system.” **Unknown**

“Never try to carry tomorrow’s burdens with today’s grace.”

**Unknown**

“Oh, how great peace and quietness would he possess who should cut off all vain anxiety and place all his confidence in God.”

**Thomas A. Kempis**

“You can’t change the past, but you can ruin the present by worrying about the future. **Unknown**

<sup>33</sup> But seek first His kingdom and His righteousness, and all these things will be added to you. <sup>34</sup> “So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

**Matthew 6:33-34 NASB**

I will rejoice greatly in the Lord, my soul will exult in my God; for He has clothed me with garments of salvation, He has wrapped me with a robe

of righteousness, as a bridegroom decks himself with a garland, and as a bride adorns herself with her jewels.

**Isaiah 61:10 NASB**

“Righteousness is not primarily an ethical quality but a right relationship; the divine acquittal from guilt and sin. To seek the kingdom of God means to seek God’s righteousness and to receive the kingdom of God means to receive the accompanying righteousness.” **George Eldon Ladd** *The Presence of the Future*

- “All these things will be added to you...” (v33)

Answer me when I call, O God of my righteousness! You have relieved me in my distress; be gracious to me and hear my prayer. <sup>2</sup>O sons of men, how long will my honor become a reproach? *How long* will you love what is worthless and aim at deception? *Selah.* <sup>3</sup>But know that the LORD has set apart the godly man for Himself; The LORD hears when I call to Him. <sup>4</sup>Tremble, and do not sin; Meditate in your heart upon your bed, and be still. *Selah.* <sup>5</sup>Offer the sacrifices of righteousness, and trust in the LORD. <sup>6</sup>Many are saying, “Who will show us *any* good?” Lift up the light of Your countenance upon us, O LORD! <sup>7</sup>You have put gladness in my heart, more than when their grain and new wine abound. <sup>8</sup>In peace I will both lie down and sleep, for You alone, O LORD, make me to dwell in safety.

**Psalms 4 NASB**

“...If God has you, then He has your yesterdays and your tomorrows. He has your tomorrows and will provide grace and power to meet them. But only as they come. He will not provide for what is not yet here. His grace is like manna – when kept over for the next day, it spoiled. It has to be eaten day by day. **E.**

**Stanley Jones, Growing Spiritually**

- **Psalms 4** – stress relief! (v1-2)
  - You have relieved my distress. (v1)
  - You have freed me when I was hemmed in and enlarged me when I was in distress. (v1 Amplified)

- The word distress means ‘to bind up, tie up, restrict...it denotes a narrow place in life which one is bound or restricted...the trial and tribulation experienced in life.’  
**Mounce’s Complete Expository Dictionary of Old and New Testament Words**
- Pursuing and loving worthless and empty things is a ticket to deception, disillusionment and stress. (v2)
  - The Lord has set apart the godly man for Himself; the Lord hears when I call to Him. (v3)
  - We are His, we are purchased by His blood.
  - He loves us, and He jealously desires His Spirit that He has placed within us.

Or do you think that the Scripture speaks to no purpose: “He jealously desires the Spirit which He has made to dwell in us”?

**James 4:5 NASB**

Nevertheless, the firm foundation of God stands, having this seal, “The Lord knows those who are His,” and, “Everyone who names the name of the Lord is to abstain from wickedness.” **2 Timothy 2:19 NASB**

- Tremble and don’t sin...meditate and be still.

Tremble, and do not sin; Meditate in your heart upon your bed, and be still. *Selah*. <sup>5</sup>Offer the sacrifices of righteousness, and trust in the Lord.

**Psalms 4:4-5 NASB**

- The idea is not to get out of control due to frustration, anger, or anxiety...stressed out!
- Instead of stressing out...take the pressure to Him...cast your cares on Him.
- Meditate...take control of your thoughts and then give them to Him. Pray...be silent...worship...refuse to disobey...open yourself to Him and His Word.

When my anxious thoughts multiply within me, Your consolations delight my soul. **Psalms 94:19 NASB**

- People pressures and stressors; “No one is for you and no one can care enough to be good to you.”

Many are saying, “Who will show us *any* good?” Lift up the light of Your countenance upon us, O Lord! **Psalm 4:6 NASB**

- Insensitive people, the voice of the adversary and the accuser all come to darken the pathways of your life.
- The Bible says:

<sup>5</sup>From *my* distress I called upon the Lord; The Lord answered me *and set me* in a large place. <sup>6</sup>The Lord is for me; I will not fear; What can man do to me? <sup>7</sup>The Lord is for me among those who help me; Therefore I will look *with satisfaction* on those who hate me. <sup>8</sup>It is better to take refuge in the Lord than to trust in man. <sup>9</sup>It is better to take refuge in the Lord than to trust in princes. **Psalm 118:5-9 NASB**

<sup>13</sup>You pushed me violently so that I was falling, but the Lord helped me.

<sup>14</sup>The Lord is my strength and song, and He has become my salvation.

**Psalm 118:13-14 NASB**

- God puts us in a ‘large place’ and lets us know, He is for us among those who help us. (**v5-9**) He is for us and so are others!
- God comes and deposits gladness in our hearts and returns us to a place of peace!