

March 12, 2023

The Lord wants you to live in His liberty and freedom.

Ps. 94:19 *When anxiety was great within me, Your consolation brought me joy. (NIV)*

Do you ever find yourself anxious about things? I think most of us would have to plead guilty on that matter. The Hebrew word here is **sarappai** which means *disquieting thoughts*. These are the thoughts that wake you up at night or keep you from even going to sleep. They are based on the emotion of anxiousness, worry and dread. The psalmist reveals a beautiful principle here in the short verse. It comes from knowing Who is in charge of all things. Many people are in constant bondage to their anxious thoughts. It not only affects them emotionally and physically, but it can also do so spiritually. When we are anxious, it shows that we are not trusting in the Father to do what He said He would do. **Dt. 31:6** *Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; He will never leave you nor forsake you. (NIV)* And again in **Phil. 4:6-7** *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (NIV)*

You see, the evil one comes to steal, kill and destroy. He desires to bring you down and rob you of joy, sleep, and testimony. But Jesus came to give us life to overflowing abundance. So, my friends, when you are anxious, just rely on God's word, turn to Him, cast all of your cares on Him because He cares for you. He can carry the weight of the world upon His shoulders, and I know that He can carry your burdens as well.

Dear LORD, we cast all of our cares upon You because You care for us. Help us to remember that You are always there and able to do much more than we can think or imagine. You have set us free from sin and death, so what is there worth worrying about? In Jesus Name, Amen