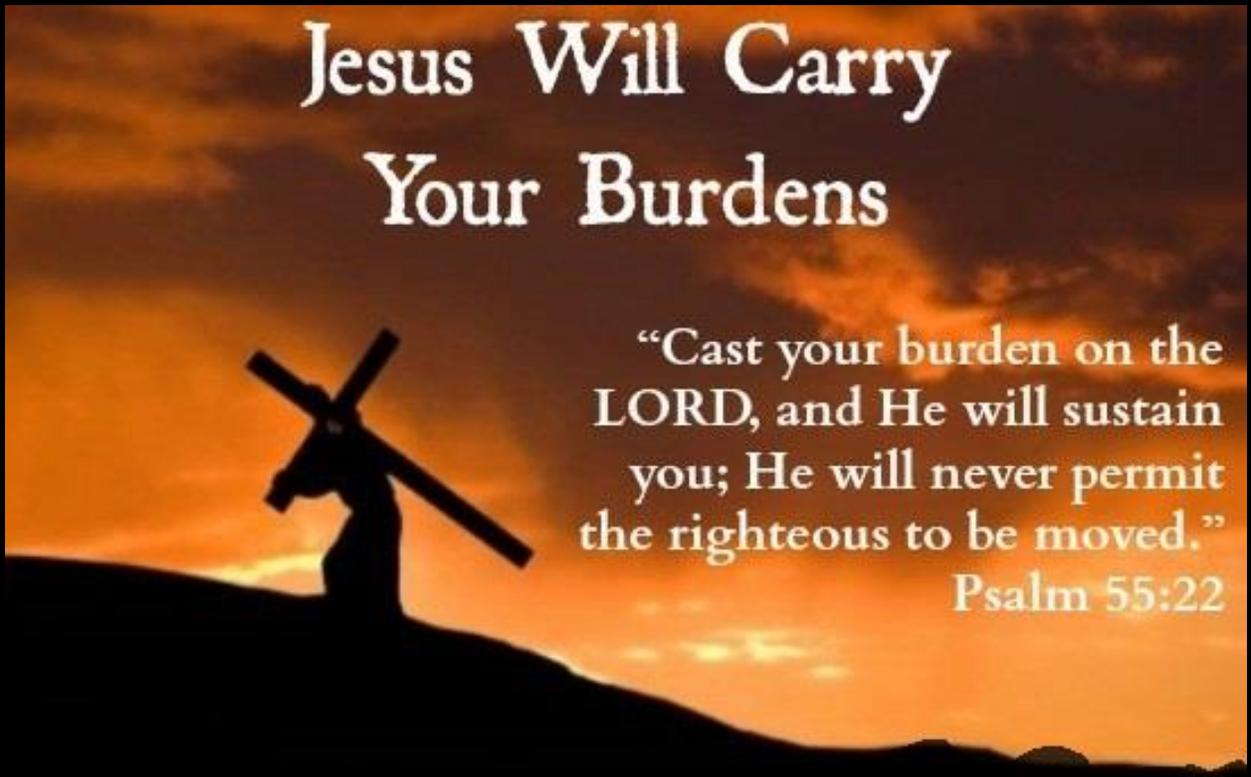


WORRY, A THING OF CONTROL

Jesus Will Carry Your Burdens



“Cast your burden on the
LORD, and He will sustain
you; He will never permit
the righteous to be moved.”

Psalm 55:22

Happy Healthy and Prosperous

(Psalm 55:2; Luke 11:22-38)

Worry is a word that brings torment to the mind of men. YAHSHUA warned us not to worry, because there is nothing by worrying that will change things for the better; nothing- physical, emotional or spiritual. Worries, in many cases, are signs of fear of losing control of the situation, or circumstance. It becomes then a burden hard to bear indeed, because it is not for us to carry. In Psalm 55:6-7 David, while going through persecution from King Saul, suffered much from worries of terror of death. At one point he even desired to have wings like a dove to fly away into the desert and find rest. He said, Oh, that I had wings like a dove! I would fly away and be at rest, yes, I would wander far away, I would lodge in the wilderness, I would hasten to escape and to find a shelter from the stormy wind and tempest. David, like the rest of us believed in escaping by “flying away” from it all. The problem with that is that we bring the worries with us. There is no way out of circumstance only by facing it. However, in his case, David’s desire was

reasonable. His enemy, the king, was a powerful man, with many under his authority. Although not guilty of any wrong doing, David was a victim of King Saul's envy. In that situation David determined in his heart to pray three times a day: evening, morning and noon. Being in the presence of God was as if he had the wings of dove. To God He uttered his complaint, moaned and sighed, hoping God would hear his voice. There is no better place to be for men when in trouble than in the presence of God. It is a refuge, a shelter in the times of storms. Worrying never uplifts anyone, it drowns instead. Finding answers in the presence of God, David recommends that we too cast our burden on the Lord, for He will sustain us; He will never allow the righteous to be moved (Ps. 55:22).

When the Lord YAHSHUA took our burdens on the cross, He took all of them. Worrying is a thing that separates the believer from His care and overpowers our faith and mind. We can never experience the touch of our Shepherd, neither His comfort nor rest while feeding on worries instead of on the green pastures He leads us to. We cannot drink of the water He offers to be restored. Our soul stays dry and thirsty until we lose sight of worry and follow Him. We cannot escape by flying away from it all; but we can escape by giving YAHSHUA all our worries. Losing control of the situation, and letting Him be God of our life, is the first step taken to receive the relief sought for. Worry diminishes our faith in God. The writer to Hebrews said, Without faith it is impossible to please God. For whoever would come near to God must believe that God exists and that He is the rewarder of those who earnestly and diligently seek Him (Heb. 11:6); so where does this verse leave us when we worry? Our God does not reside in our worries; neither does He reside in our weaknesses. We cannot ever please Him while giving a footstool to worry. Worry never arrives alone; its partners are anxiety and fear. Their purpose is to disturb and confuse the mind and to doubt God. Many times Our mind becomes so crowded with these spirits that we lose focus of God's love and care for us. As a result, we suffer a host of emotional and physical problems. That's where the enemy wants us to be. In many cases, diseases of the mind are caused by opened doors to the enemy of worry. It can only be shut when we learn to trust in the One Who can carry our burden. Alcohol and drugs can never do that, neither can money. Our source of freedom rests on the Lord and on Him only. He said, Which one of you by being overly anxious and troubled with cares can add a cubit to his stature or a moment of time to his age? If then you are not able to do such a little thing as that, why are you anxious and troubled with cares about the rest? ... Only aim at and strive for and seek His kingdom, and all these

things shall be supplied to you also; do not be seized with alarm and struck with fear, little flock, for it is your Father's good pleasure to give you the kingdom! (Luke 12:25,26,31-32). Where our earthly treasure is, there are our worries. The priority of every believer should be that of seek the heavenly things first thing from where all spiritual blessings comes; and where worry is defeated.

"Cast your burden on the Lord", is a command with blessings. God promises to sustain and keep the righteous from being moved. He blesses those with peace who seek Him first and not let worry control them. Peter echoed the words of David saying, For He cares for you affectionately and cares about you watchfully (I Peter 5:7), as YAHSHUA the good Shepherd assured them. Why, in every challenge we face, worry is the first one to present itself? It is an easy and normal thing to accept worry instead of embracing faith in God's promises and assurance because worry comes with tangible facts of life. There is one thing or two that we must consider however: that a life that is ordained by the Lord will find answers in the reliability of His Word. Where there is faith and trust in God, worry has no room. He said, Have you not known? Have you not heard? The Everlasting God, the Lord, the Creator of the ends of the earth, does not faint or grow weary; there is no searching of His understanding. He gives power to the faint and weary and to him who has no might He increases strength (Isaiah 40:28-29). Worries offer nothing but heavy burdens; they cause weariness and weakness on those who embrace them. In contrast, the Lord is the Everlasting God, the Creator, powerful and without limits in strength and in all His attributes. Worries are to Him just a drop in the bucket. No worry is too great for God that He cannot free us from. He is only a prayer away and release will be on its way when we give Him the burden or worries.

The Lord said, For I know the thoughts and plans that I have for you-thoughts and plans for welfare and peace and not for evil, to give you hope in your final outcome (Jeremiah 29:11). Aren't circumstances we are facing part of the plans God has for us? I mean, if we are walking in agreement with His plans? Why do we worry when all things that happen is for the purpose God intended for us? Even when we had not yet been born all the days of our life were written in His book. How much He cares for us is measured by how He cares for the flowers of the field, which is today and not tomorrow. It is measured by His awareness of every hair that falls out. The most insignificant things that concern us, He is aware and He is also concerned. A mind at ease is a mind at peace and free. We all can

experience liberty and peace in the arms of our Savior YAHSHUA the Messiah even when the sea roars, when there is no food in our pantry, when the earth totters. "God of the mountain is the God of the valley." There is no change with Him. Only we must trust Him with our burden and we must let go of worry. Who is among you who fears the Lord, who obeys the voice of His Servant, yet who walks in darkness and see trouble and has not shining splendor? Let him rely on, trust in and be confident in the name of the Lord, and let him lean upon and be supported by his God (Isaiah 50:10).

THINK ABOUT IT!