

Anxiety, when you get to the bottom of it, is a God-given capacity for knowing that something bad is going on in your world—either in the past, the present, or the future. This is not necessarily negative. There’s a right kind of anxiety that leads us to express loving concern for others in the midst of their trouble, and draws us to take refuge in God when we are in trouble  
**David Powlison**

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When my anxious thoughts multiply within me, Your comfort delights my soul.  
**Psalm 94:19 NASB**

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And, apart from other things, there is the daily pressure on me of my anxiety for all the churches.  
**2 Corinthians 11:28**

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For most people, to be loved is to be made much of. Almost everything in our Western culture serves this distortion of love. We are taught in a thousand ways that love means increasing someone’s self-esteem. Love is helping someone feel good about themselves. Love is giving someone a mirror and helping him like what he sees... To make them feel good about themselves when they were made to feel good about seeing God is like taking someone to the Alps and locking them in a room full of mirrors.  
**John Piper, *Don’t Waste Your Life***

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Anxiety is full of lies. What are some of them? First, you believe the world needs to be under your control. Second, you think it is out of control. And third, you imagine that your worry will get it under control. But the truth is that this is God’s world. He controls it, and your worry will not change a thing. So when you are tempted to worry, reject the lie that it is up to you to keep yourself and those you love safe.  
**David Powlison**

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By this we shall know that we are of the truth and reassure our heart before him; for whenever our heart condemns us, God is greater than our heart, and he knows everything. Beloved, if our heart does not condemn us, we have confidence before God;  
**1 John 3:19-21**

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The final solution, then, to the anxiety-about-money problem is to set one's heart and mind to seeking God's way of being in the world and his coming reign, which promises to result in all of one's needs being truly met. Thus, the solution to anxiety is not a simplistic “Stop worrying,” but a redirecting of the disciples’ vision to the proper heart orientation, accompanied by a promise of provision.  
**Jonathan T. Pennington**

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

**The Beatitudes – Matthew 5:6 & 5:10**

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Your kingdom come, your will be done, on earth as it is in heaven.

**The Lord's prayer – Matthew 6:10**

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For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, that he was buried, that he was raised on the third day in accordance with the Scriptures,

**1 Corinthians 15:3-4**

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Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.

**Matthew 28:19-20**

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Let love be genuine. Abhor what is evil; hold fast to what is good.

Love one another with brotherly affection. Outdo one another in showing honor.

Do not be slothful in zeal, be fervent in spirit, serve the Lord.

Rejoice in hope, be patient in tribulation, be constant in prayer.

Contribute to the needs of the saints and seek to show hospitality.

Bless those who persecute you; bless and do not curse them.

Rejoice with those who rejoice, weep with those who weep.

Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight.

Repay no one evil for evil, but give thought to do what is honorable in the sight of all.

If possible, so far as it depends on you, live peaceably with all.

**Marks of the True Christian – Romans 12:9-18**

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It is the non-God directed heart that is laying up earthly treasures that ironically does *not* have peace. But the people who live like the flowers and birds, apparently foolish from the world's financial perspective, are the ones who are *free* from anxiety. They seek first God's Kingdom and as a result, get all their needs met without anxiety.

**Jonathan T. Pennington**