

## **The Cure for Worry, Anxiety, and Fear**

n/a

### **Ready:**

“But seek first the kingdom of God and His righteousness, and all these things will be provided for you.” — Matthew 6:33

### **Set**

We fret about everything. We worry about the future, our careers, and our team’s performance. We are afraid of failure. We live in a harried society where many illnesses are stress-related. Medication is prescribed at record rates. However, as Christians, we know there is a healthier way to live our lives.

God is so good. He offers us freedom from worry and stress if we will seek Him first. There are so many things that distract me from truly seeking God: money, job, success, comfort, security, and worldly pleasures. God wants to be first in our lives, not just in our words, but also in our deeds and daily agendas.

Eleven years ago I was working as a salesperson. I was getting bored in my current position, so I polished up my resume and began looking for another sales job. However, in my heart of hearts, I had always desired to help less fortunate young men pursue their dreams. God was faithful. He opened up a coaching opportunity for me at a Division I university as a top assistant. I had never coached a day in my life, but I followed God’s leading and am having the time of my life. I love my job, and I give Him all the credit. God works miracles if we are willing to give Him first place in our lives.

Matthew 6:33 is a precious promise from God. Seek Him first and do not worry about the cares of this world.

### **Go**

1. What do you worry about?
2. What do you fear most?
3. What are you seeking in life?

### **Workout**

Extra Reading: Mark 4:35–41; Philippians 4:2-9

### **Overtime**

Lord, help us have the faith to seek You with all of our hearts, and trust that You can

accomplish great things in our lives. Amen.

**Bible Reference:**

Philippians 4



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