

violence, anger, and abuse that stalked the city streets (vv.9-11). He suffered the anguish of being betrayed by a close friend (vv.12-14). He longed to leave and escape to a place of peace (vv.4-8).

Because David's anxious pain mirrors our own, his prescription for relief can be ours as well. He wrote, "I will call upon God, and the Lord shall save me. . . . Cast your burden on the Lord, and He shall sustain you" (vv.16,22).

Anxiety is a burden we are not called to bear. Instead, we are to lay our concerns on Christ because He cares for us (1 Peter 5:7; see also Philippians 4:6-7).

If your heart is weighed down today, the Lord is ready to bear every burden you give Him. —DCM

*All your anxiety, all your care,
Bring to the mercy seat, leave it there;
Never a burden He cannot bear,
Never a friend like Jesus. —Joy*

God invites us to burden Him with what burdens us.



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Prescription For Anxiety

Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved. —Psalm 55:22

According to a *Wall Street Journal* report, anxiety has overtaken depression as the leading mental health problem in the United States. Anxiety-fighting drugs are now the top-selling pharmaceutical products. Even with a booming economy and political stability, worry and apprehension remain part of our human condition—one that can never be adequately relieved by a pill.

When David composed Psalm 55, his mind was agitated by the same types of situations we struggle with today: He recoiled in horror from the



Insights for Living

Standfast in Peace 2



- #1. Standfast in harmony, v2-3
- #2. Standfast in joy, v4
- #3. Standfast in gentleness, v5
- #4. Standfast in peace, v6-7**
- #5. Standfast in thought, v8
- #6. Standfast in action, v9

Philippians 4:8, 11-13

Philippians 4:6-7 talks about anxiety and peace. From verse 6 there are two crucial matters regarding prayer for us to consider:

1. Focus on the _____ to whom you _____:

His _____, verse 6

(Genesis 50:18-20) "Then his brothers .. fell down before his face, and they said, "Behold, we are your servants." {19} Joseph said to them, "Do not be afraid, for am I in the place of God? {20} "But as for you, you meant evil against me; but **God meant it for good**, in order to bring it about as it is this day, to save many people alive."



(Romans 8:28-29) "And we know that all things work together for good to those who love God, to those who are the called according to His purpose. {29} For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren."

(1 Peter 5:7) "casting all your care upon Him, for He cares for you."

(Matthew 26:39) ".. "O My Father, if it is

possible, let this cup pass from Me; nevertheless, not as I will, but as You will. ""

(Acts 2:23-38) ""Him, being delivered by the determined purpose and foreknowledge of God, you have taken by lawless hands, have crucified, and put to death; {24} "whom God raised up, ..." [36] ""Therefore let all the house of Israel know assuredly that God has made this Jesus, whom you crucified, both Lord and Christ." {37} Now when they heard this, they were cut to the heart, and said to Peter and the rest of the apostles, "Men and brethren, what shall we do?" {38} Then Peter said to them, "Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit."

(Psalms 103:19) "The LORD has established His throne in heaven, And His kingdom rules over all."

(Ephesians 1:11) "...being predestined according to the purpose of Him who works all things according to the counsel of His will,"

(Psalms 33:11) "The counsel of the LORD stands forever, The plans of His heart to all generations."

(Isaiah 14:27) "For the LORD of hosts has purposed, And who will annul it? His hand is stretched out, And who will turn it back?""

(Isaiah 46:10) "Declaring the end from the beginning, And from ancient times things that are not yet done, Saying, "My counsel shall stand, And I will do all My pleasure,""

(1 John 1:5) ".. God is light and in Him is no darkness at all."

(James 1:17) "Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning."

(Matthew 11:28-30) ""Come to Me, all you who labor and are heavy laden, and I will give you rest. {29} "Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. {30} "For My yoke is easy and My burden is light.""

(Isaiah 41:10) "Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand."

(2 Peter 1:3) ".. His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him [knowing Him] who called us by glory and virtue,"



2. Be careful about the way you _____: With _____, verse 6

If we are worrying 'on line' what went wrong?

- ◆ We have forgotten to _____ on the God to whom we are talking
- ◆ We have forgotten to be _____

