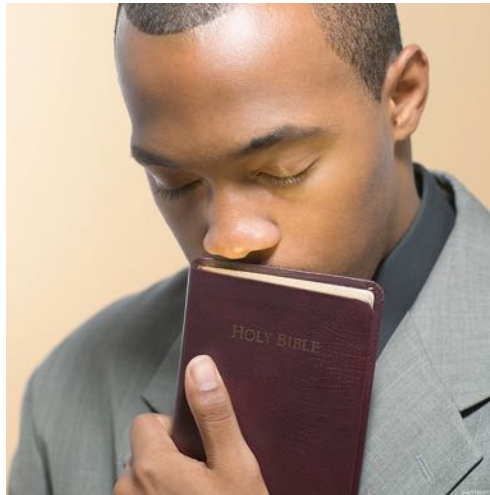


## Everyone gets worried...

But for some of us it can become overwhelming! Thankfully the Bible has something to say about worry & can help us to fight those negative thoughts!



## Introduction

**Our world is in the grips of a global pandemic (Covid-19). Many of us don't know what will happen to our loved ones, to our jobs or even if we will have enough food.**

Trinity Interventions team have put this leaflet together to help you at this time. The booklet looks at what Jesus says about worry and we will also look at two real-life stories (Caroline & Jaki).

Most of the material was adapted from a CCEF booklet: "Why Worry? Getting to the Heart of Anxiety" by R. D. Jones.

Please Whatsapp us if you'd like somebody to talk to:

Jaki (079 059 0334) or Yolanda (066 272 5847)

## God Gives Us Hope...

*"Stop worrying"*  
*"It might never happen"*  
*"You need to be more positive"*  
*"Moenie stres nie"*  
*"Buy something nice"*  
*"Let's go party instead"*

We've all heard this advice from others, but it makes no difference, I still can't sleep, I'm off my food and all I can think about is all the bad things that could happen!

But, the Bible shows us a better way! Faith is all about trust... trusting God to do what He has said He will do! In fact **Faith** is the exact opposite to **Fear**.

**Faith** – means that we trust God in all situations (especially the tough ones).

**Fear** – means we worry that God is not in control because things look like they're out of control!

**Faith** – means trusting that God is good even when it doesn't look like it.

**Fear** – means we think that God doesn't care about us or those we love!

So do you see that when we are fearful and worried we're not trusting Jesus. That makes worrying a sin. But even though it's sinful, Jesus knows we will all struggle with worry and helps us to win over it!

Our worry gets out of control when we fail to bring it to God. We never intend to worry it just happens. But how we react to those worries shows us in whom or in what we are trusting.

The fact that worry is a sin isn't too terrible because Jesus dealt with sin on our behalf!



## Matthew 6:19-25

Fear = Worry  
Faith = Trust

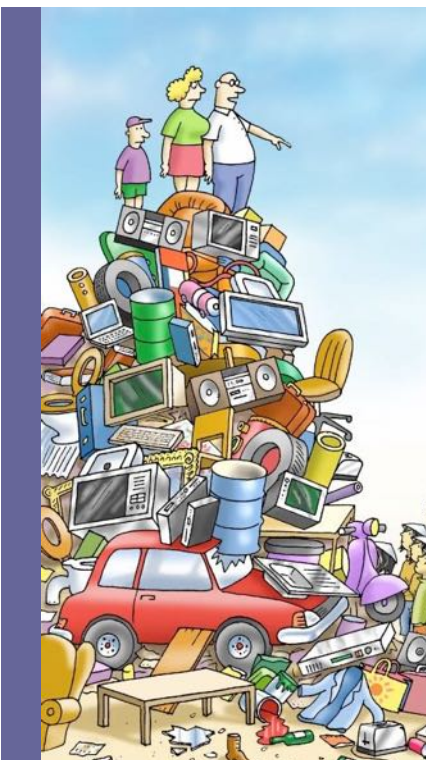
*“Don't be afraid for I am with you...”*

## Fear means we don't trust Jesus

*“Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. Wherever your treasure is, there the desires of your heart will also be.*

*“Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. But when your eye is unhealthy, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is!*

*“No one can serve 2 masters. For you will hate one & love the other; you will be devoted to one & despise the other. You cannot serve God and be enslaved to money. “That is why I tell you not to worry about everyday life - whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?”* **(Matthew 6:19-25)**



### Where's your trust?

In the passage above Jesus tells us life's about more than we can see and feel, because nothing on earth is permanent; not our health, not our family, nor our possessions. We all know how easily our stuff can be taken from us!

If we believe our family our jobs or our possessions are our treasure it's as if we're blind (in darkness), fooling ourselves, because if we trust in earthly stuff we'll be disappointed - none of it lasts. People die and things wear out!

### So where should our treasure be?

Matthew says we should store our treasures in heaven. When we fix our eyes on God, what we have can never be taken away. Covid-19 can't infect God, He will never get sick - He will always be there!

The passage makes it clear that we can only have one view. We either trust in worldly things (which are constantly changing), or we can trust in God (who is eternal and unchanging).

As he says, life is about much more than food and clothing!



## Repentance

To humble ones-self

### + False gods...

*“Wherever  
your  
treasure is,  
there the  
desires of  
your heart  
will also  
be.”*

If we worry about money, success, security, our reputation, our kids, or our families we can know that's where our treasure is. God calls these treasures idols – because we are trusting in them for our happiness rather than in Him!

It's a bit silly to put our trust in something that can be so easily taken away. God knows that if we are trusting in the things of this world, we're not trusting in His promises for us.

One of God's promises is to give us rest (peace). The kind of peace that was bought by Jesus dying on the cross. That death bought us peace with God (He is no longer angry at our sin).

One way for us to enjoy that peace is to say we're sorry to God. This is called

repentance and involves speaking to God about our worries and asking Him to help us with them.

- 1 Tell God your worries & explain what you have placed your trust in rather than trusting Him.
- 2 Tell Him that you know He promises to forgive those who trust in Jesus. Ask for forgiveness.
- 3 Tell Him what you're struggling with & that you need His help because you want to stop worrying.
- 4 Tell somebody else how God is helping you to overcome your worries and anxieties.

***To see this in action – Read Psalm 51 (David's prayer of repentance).***

I have a friend Caroline.

She is always worried about something. First she was worried that she'd never marry. Then when she met the man of her dreams she worried about the wedding. Once the wedding was over she worried about falling pregnant and now she has a baby she worries she'll never get enough sleep!

She's a mature Christian and loves Jesus with all her heart. But as we get to the bottom of her worries a number of things become clear:

- 1 Caroline has placed her treasure chest firmly here on earth – and expects it to be filled as she lives her life.
- 2 When the treasure fails to arrive she strives to find the treasure for herself resulting in stress and worry.
- 3 When the treasure does arrive, she forgets that it came from God and rather than be grateful for what she has, moves her concern to the next shiny thing.
- 4 As the worries grow, and the disappointments increase, Caroline increasingly feels out of control. She uses anti-depressants although she could have used drugs, alcohol, sex, shopping, gambling or any number of other 'distractions' to numb those feelings.

### *What should Caroline do?*

- ... Repent using the outline on the previous page.
- 1 Remember that her treasure is in heaven. Mostly the Bible promises believers a life of suffering, not blessing! But, the Bible also promises that the believer's place in heaven is assured.
- 2 Even as we suffer, Jesus promised to make our burdens light. But he can only do that if we hand them over to him. Caroline needs to trust Jesus with her worries.
- 3 Remember to be thankful every day for what she has and to thank God for His gracious provision.
- 4 Remember that God is in control. And unlike us He has the full picture from beginning to end. We make choices not knowing what the next 5 minutes will bring, but God makes choices based on an intimate knowledge of us and He knows the plans He has for every single person on the planet.
- 5 Don't turn to things that will hold you in bondage (like alcohol, drugs, shopping or comfort eating), instead turn to Jesus in repentance. He promises to free us from bondage and to bring us into his rest.



Those who live in  
the shelter of the  
Most High will find  
rest in the shadow  
of the Almighty

**Psalm 91**



## Jaki's Story

In the midst of  
Covid-19

I too am a mature Christian. I trust in Jesus as my saviour, knowing that He died for my sins making me right with God. I'm often in my Bible and although I often find prayer hard, when I'm in a tight spot I generally take it to God.

However, the day before lockdown (Thursday 26<sup>th</sup> March 2020) I had a melt down. Thankfully my friend was there to help me. First she listened and then she said "c'mon we're going to pray".

As I prayed I realised that amidst all the business of preparing myself and others for lock-down I hadn't considered any of its implications. What if I get sick, I have no medical aid? What if my parents get sick, they're so frail they will die? As I considered the possibility I couldn't help but cry in helplessness.

At that moment my friend first comforted me, and then took over the prayer. Rather than praying for my parent's health and safety she prayed that they would be saved – that we would see each other again in eternity even if they were to die. It was a good prayer and it was the right prayer.

It was that prayer that reminded me what is important. It is much more important that my parents know Jesus as their Lord and Saviour than it is for me to see them again.

***Seek first the kingdom of God, and the rest will be given to you.***

During these times it's important that we support and encourage one another. Just like my friend did me, not with empty promises "*it will be fine*", "*don't worry, they're strong*", but with biblical truth. Here are just some truths that you can share with friends and family.

### **God is in Control**

God could have stopped Covid-19 but he didn't! God has a plan for the world (Eph. 1:9-10) and nothing will stop it!

### **God is Good**

Jesus died on our behalf. If we trust in His death we can be assured we are at peace with God now and for eternity (Rom. 8:32-35).

### **God is Faithful**

The Bible is full of stories of failure. Israel constantly failed to trust God, the Disciples failed to trust Jesus – and I guess that's a picture of us all. But despite all of my failures (and there have been many), I have seen God's faithfulness. He promises to uphold those who love him (Ps. 37:24).

## Trust or Fear?

*Which do you choose?*