



What if?

That question put me into a cycle of anxiety every time. When I think about my marriage, my children, and my work that ONE question always boils up word. Because we are women who love and desire to know God's word, we need to ask this question right after the "what if's" come: What does the Bible say about worry and anxiety? The simple answer is: don't do it. But what if there was more? What if God showed us how to push back against the fears?

Looking in God's word I found a passage in Isaiah I wanted to share with you. In the middle of this amazing book of the Bible, Isaiah, the prophet, tells the children of Israel they are going to be punished for their sins of idolatry. War and death and disease are coming. But hope is also coming. God wasn't going to wipe out the entire nation. A section of faithful people would remain alive and God would make sure they would be safe.

Maybe those who were hearing Isaiah's words were filled with fear. I know I would be! Imagine hearing your entire country was going to be uprooted and a lot of people were going to die! I think I would definitely be afraid! So in Isaiah 41 we read God's response to their anxiety. First of all, God DOESN'T say "Oh, everything I just going to be ok." Or "Just true Me." Nor does God tell them what will exactly happen. Even today God doesn't respond to our fears by revealing exactly what is going to happen in every situation. Instead, God shows us Himself. In Isaiah 41:8-20 we read four things God does for us because of Who He is and these things give peace to our worried hearts.

I want to share those with you today.

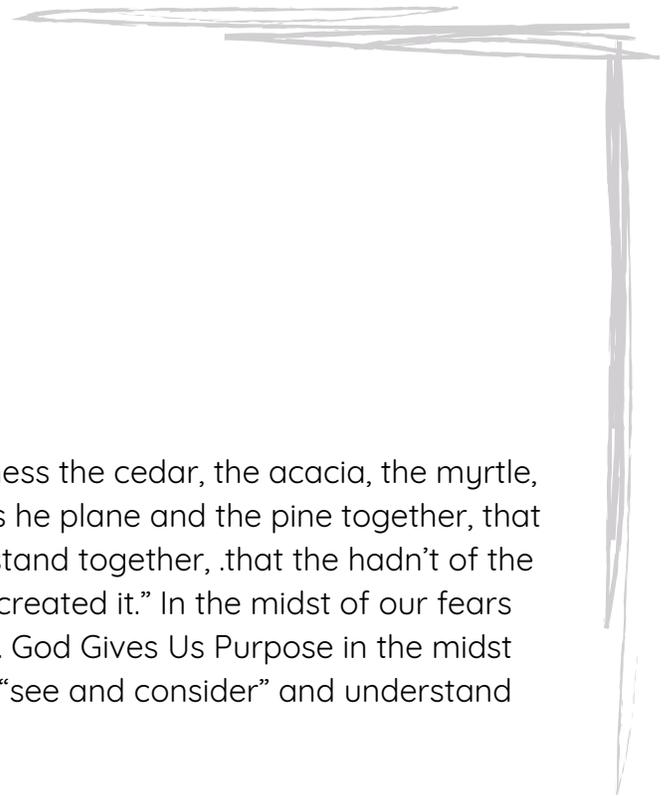
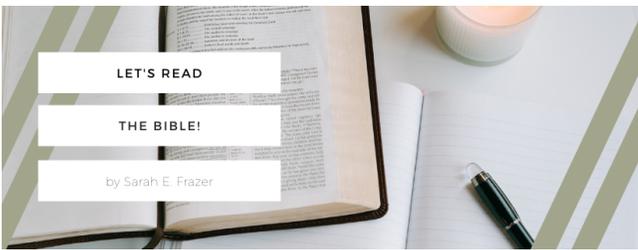
1. Isaiah 41:8 says "But you, O Israel, my servant, Jacob, whom I have chosen." We are chosen by God and God Gives Us a Position. In the New Testament, as believers, we also are God's chosen people. 2 Peter 2:9 says, "But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light." We are God's chosen people! When fear assails your soul, remember God has chosen you and given you a position and place in His family.



2. Isaiah 41:10 says “Fear not, for I am with you; be not dismayed for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.” God Gives Us His Presence. Listen to the words of the prophet: I am with you. Fear will say we are left alone, but God says we have Him. Fear will say we are abandoned, but God says even in the most horrific situations, we are not alone! Hebrews 13:5 says, “I will never forsake you.” That promise is for you, Christian!

3. Isaiah 41:13 says, “For I, the LORD, your God, hold your right hand; it is I who say to you: ‘Fear not, I am the one who helps you.’” When fear comes, remember: God Gives Us His Protection. Who will fight against us? Verse 12 says, “those who war against you shall be as nothing at all.” In Philippians 1:28 says we are not to be frightened by anything - God has given us His Spirit. This does not mean we will live a suffer-free life. It means we will live a peace-filled life in the midst of suffering. So do not let fear sway you with threats, God will protect your heart!

4. Isaiah 41:17 & 18 says “When the poor and needy seek water, and there is none, and their tongue is parched with thirst, I the LORD will answer the them. I will open rivers on the bare heights and fountains in the midst of the valleys. I will make the wilderness a pool of water, and the dry land springs of water.” Are you weary and worn and thirsty from living in fear? Does anxiety make you feel like you are living in a desert? In the middle of this, God Gives Us His Provision. Anxiety will scare us into thinking we are lacking, but God says, come to Him if we thirsty. Jesus is the living water!



5. Isaiah 41:18 & 19 says, "I will put in the wilderness the cedar, the acacia, the myrtle, and the olive. I will set in the desert the cypress the plane and the pine together, that they may see and know ay sender and understand together, .that the hadn't of the Lord has done this, the Holy One of Israel has created it." In the midst of our fears and anxiety God says He will gives us purpose. God Gives Us Purpose in the midst of the wilderness of anxiety. Our purpose is to "see and consider" and understand that God is bigger than our fears and anxiety.

Over and over again Israel writes, "I the LORD have said.." What has God said? If God has says these things, that He will give us a position, presence, protection, provision, and purpose - think about it! Consider it and believe it. Choose to believe. Belief is not a will of the heart but a will of the mind. Anxiety and fear live in our hearts. It is time we tell our hearts with our minds the TRUTH of God.

Remember to read your Bible because it is there we find the ability to FIGHT FEAR!