



Learn Your Bible

Short Study 009: From Worry to Peace

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Read Matthew 6:19-34

Worry is 'giving way to anxiety.'¹ Christians are not exempt from anxiety. Even the Apostle Paul was beset with anxiety, when his friend and co-worker Titus was missing (read 2 Cor 2:13). But Christians can avoid their anxiety turning into worry.

Read the following passages slowly and thoughtfully. They show us how peace may be found:

Phil 4:4-7.

Pray. Take your concerns to God; and leave them there!

Matt 6:27-34.

Each day as it comes (v34). God gives grace for the today's needs. He does not give it in advance for tomorrow's needs. Read Exodus 16:16-20. Can you see a parallel between God's supply of the manna and his supply of grace?

Phil 4:8.

Avoid dwelling on the subject that troubles you. The mind will keep going over the problem time and time again, like a record that keeps playing the same track. Fill your mind with better things and there will be less room there for troublesome things.

1 Pet 5:6-10.

Cast all your cares on the lord (v7). Your problem is not too big for God to handle, and since he cares for you, you can be assured he will not ignore your concerns.

Psalms 73:1-28.

Elevate your heart and mind to heaven. The writer of this Psalm was so concerned about what he saw around him that he almost slipped from his walk with God (v17). It was in the 'sanctuary', a place where his thoughts and spirit were lifted to the holy God, that he understood that God had his plans and purposes and was in control. Setting our minds on heavenly things will lift our thoughts from the earthly matters that trouble us and set them on better, more secure, things.

To think about: Have you spotted what the initial letters of each of the five comments above spell out (shown in red)?

To dig deeper: Search for the word 'peace' in a concordance and list some other ways the Bible says we may find peace.

¹ The Concise Oxford Dictionary.