

Goal

Think about what you would be like if you didn't worry so much. How do you think the people closest to you would react if you stopped worrying? Of course, *the goal is not just to get rid of anxiety. The goal is to replace it with something far better: Confidence in God.* David saw the Lord's faithfulness from an early age, so he writes from hard-won experience when he says, "The Lord is a stronghold for the oppressed, a stronghold in times of trouble. And those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you." (Psalm 9:9-10). When we feel confident of God's care for us in every area of our lives, we will experience great peace and joy. Those watching us will wonder where this peace comes from, and we will be able to tell them how good God is - which brings Him glory.

Gospel

When Jesus died on the cross for our sins, and rose from the grave in victory, one of the precious things He purchased for us was the assurance that all His words are true. He promises to "never leave you nor forsake you" (Hebrews 13:5). From His own mouth, He promises to be with us in all circumstances and needs, protecting us and providing for us. He will help us, by the Holy Spirit to begin to put anxiety aside and trust Him if we will meditate on His words and take them to heart.