



Nita Edwards

Sharing Hope in Christ, Power through Prayer

www.NitaEdwardsNow.com



1977- Now

WHY WORRY?

Philippians. 4:6-7

In 2005 two major hurricanes made news headlines. Hurricane Katrina resulted in much devastation along the Gulf Coast in August. It caused great fear in the lives of many. In a similar way, only one month later, Hurricane Rita brought about worry and concern for others in Gulf Coast areas.

We all have worries at school, on the job or in our homes. What are we to do when problems and trials cause us concern and worry?

In Genesis 32:6-12 we read of Jacob's fear when he heard his brother was coming to meet him with 400 men. He was afraid his brother was coming to attack him and his family because, as you remember, Jacob had cheated him out of his birthright and blessings. Jacob decided to pray. He did as we are urged to do by the Apostle Paul – turn our worries into prayers:

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Phil. 4:6)

Jacob reminded God of his heritage, of God's instructions to him to return home, and of His promise to make him prosper. He praised God by pointing out his own unworthiness and God's faithfulness to him. He remembered how God took him from poverty to prosperity. Then he asked God to save him from his brother and confessed his fear. Again, he reminded God of His promise to prosper him and make his descendants numerous. He acknowledged God had always fulfilled his promises and performed mighty works as well.

When we are worried or concerned over something, we need to consider God's faithfulness in our own lives. His blessings come to us in many ways. He has provided us with a livelihood, family, friends, Christian fellowship, and specific answers to prayer among other things. Take time to thank Him for His blessings and past help in our lives. Just as Jacob did, we should confess our fear, give it to Him and trust Him to be faithful. Then the promise of Phil 4:7 will be ours:

And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus. (Phil. 4:7)

We might not be able to control our outward circumstances, **but we don't need to allow circumstances to control our inner attitudes and peace.**