

Finding Rest in God: Letting Go of Anxiety

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Christian Teachings to Strengthen Your Faith, By Melkisedeck Leon

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? In a fast-paced and chaotic world, it is easy to feel overwhelmed and burdened by the weight of anxiety. However, as Christians, we are called to find rest and peace in God. By surrendering our worries and fears to Him, we can experience true tranquility and freedom. Let us explore how we can let go of anxiety and find rest in the arms of our loving Heavenly Father.

? The Bible provides us with numerous examples and verses that teach us about finding rest in God. One such example is found in Matthew 11:28-30, where Jesus says, "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

? Here are fifteen points to help us find rest in God:

1 Acknowledge that anxiety is a natural human emotion but it does not have to control our lives.

2 Meditate on Bible verses that speak about God's peace and trust in His promises.

3 Embrace the truth that God is in control of all things, even the things that cause anxiety.

4 Practice gratitude by focusing on the blessings in your life rather than dwelling on worries.

5 Pray fervently, pouring out your heart to God and surrendering your anxieties to Him.

6 Seek the guidance and comfort of the Holy Spirit, who is our advocate and helper in times of distress.

7 Reflect on the life of Jesus, who faced trials and tribulations but always found rest and strength in His Father.

8 Surround yourself with a community of believers who can support and encourage you on your journey.

9 Take time to rest physically, mentally, and emotionally, recognizing that our bodies are temples of the Holy Spirit.

? Practice self-care by engaging in activities that bring joy and refreshment to your soul.

11 Trust in God's timing, knowing that He works all things together for our good.

12 Let go of the need for control and surrender your plans to God, trusting that His ways are higher than ours.

13 Remember that God's love for us is unconditional and nothing can separate us from

His love.

14 Seek professional help if anxiety becomes overwhelming, remembering that God created doctors and therapists to help us in our journey towards healing.

15 Cultivate a lifestyle of prayer, worship, and reading God's Word, allowing His truth to guide and transform your mind.

? As we journey towards finding rest in God, let us remember to love Him with all our hearts, souls, and minds. By placing our trust in Him and surrendering our anxieties, we can experience His peace that surpasses all understanding. Let us also remember to love one another, showing kindness and compassion to those around us who may also be struggling with anxiety. Together, as a community of believers, let us encourage one another and build one another up.

? May the Lord bless you and keep you, may His face shine upon you and be gracious to you. May He turn His face towards you and give you peace. May you find rest in God and experience His unfailing love. Amen.

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