

Why Worry? Be Happy!

ABC Stress Rest

All Bible Concept

Real Right Worry-Free Key

*Don Rhoads
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Dedicated

*“To Him who loves us,
and loosed us, washed us from our sins,
by His own blood.”*

“Το αγαπωντι ημας
και λυσαντι ημασ εκ των αμαρτιων
εν τω αιματι αυτου.”

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*All **B**ible **C**oncept
for
Best Stress Rest
Real Depression Relief*

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We all worry sometimes. Millions worry most of the time, living in day-to-day fear, anxiety. They are stressed, depressed, don't seem blessed, no way out of worry, no Real Stress Rest.

Deep depression, chronic fear, paranoid panic attacks - all are epidemic these days. Doctors, analysts, counselors can't keep pace with the increasing quest for inner peace and soul-rest. And the sad fact is, most of the "professionals" they see, have no clue of a sure peace-cure - at all. They prescribe talk therapy, support group sessions, or drugs, to ease and mask the sad symptoms of inner stress, fear, worry, depression.

*Best Stress Rest
Real Depression Relief*

But God gives us answers - all absolute answers - always! He offers to all who will come to Him - His own calming inner peace promise - His *real stress rest*.

My True Confession
ABC - All Bible Concept

May I confess to you, that I too know the worry and fear fight. At times I too have known anxiety, stress, deep depression. And too often I have taken too long to grasp the problem, find the real, right answers - even when in plain sight all the time.

So, I confess up front - this e-book - *Why Worry? Be Happy!* - is not written from a lofty “know-it-all-holier-than-thou” level. It is all straight, sure, simple Bible truth - for you and me both. It is based and built on the - *ABC - All Bible Concept* - that true inner peace - best soul rest - is open and offered to you and me and all who look to Jesus. I confess that your feelings of worry and fear I face too. Jesus is the Answer. Yes He is.

God’s All Absolute Answers

God gives us His own - “*Triple A*” - *All Absolute Answers* - His great amazing grace absolute-power promises - vital, valued, victory promises - so that you and I can know and trust *Jesus Himself* - the “*Friend who sticks closer than a brother.*”

He sees each aching, breaking heart on this poor, sin-plagued, sorrow-pained, soul-panic planet - yours, mine too. He was -

“In all points tempted, tested, tried - as we are - yet without sin. He is touched with the feeling of our weaknesses.

“He is able to act - in us, with us, for us - super-abundantly above all we can ever ask or anticipate - according to His dynamic - energizing in us.” Yes He can.

Support group sessions may help - sometimes - confessing our fears, worry, stress, depression to one another. But it is no cure.

Mind-dulling, soul-numbing tranquilizing “medication” drugs may mask the symptoms - till the next “fix” - but they do not heal the real problem - or create a true cure. Not at all.

But - I happily point you beyond all “self-ism” - beyond yourself - beyond myself - to *Jesus Himself*. He personally holds - “triple A” - All Absolute Answers to our life-questions - all sure, secure solutions to our life-troubles. Yes He does.

So *look upUpUP to Jesus!* Really! He loves you, cares for you.

Jesus said it! That settles it! Believe it and rest in Him!

Heart Failing Fear

Jesus said, in these “last days” hearts will fail with fear. Well, it's clear, fear is here, in high gear, running wild all around this gloomy, sin-guilty globe. Every day, every way - it gets worse.

Yet, in it all, God points us to Jesus. He is the true God - with His “*Good News of great joy - open, offered - to all people on this sad, mad, bad news planet - the Savior - Christ the Lord.*”

Jesus Himself - today - calls to all people on the planet - whatever their century, country, culture, color, class, creed -

*“Come to Me all who labor heavy-laden - I will rest you
Yoke to Me, Learn from Me - you will find soul-rest.”*

Increasingly, in a terror world, people in crisis call - not on God - but on counselors to calm them, analysts to allay their fears. They refuse to seek soul-peace - in Jesus the “Prince of Peace.” They look to ritual false-god religions, or no-god religion, or so-called psychics, or gurus, chanting mantras and walking labyrinths. But they find no real peace of heart and mind. And - in it all - the loving Savior Jesus Christ - they ignore, neglect, deny, defy, reject. No wonder their fears go on, grow on.

Business, government, education, people in all realms, turn to psychics and psychology - not to the Savior. In times of panic many who once looked to a Bible Pastor - no longer do.

Today people pay God lip-service in lame, loose use of His name, saying, "O my God, Good Lord", but do not truly seek Him, believe Him, obey Him. The one and only absolute, infallible, inerrant, inspired Word of God - the Bible - today is traded away for silly psycho-stuff - for what God calls foolish "*words which man's wisdom teaches*" (I Corinthians 2:13).

Science, (godless) secular education, psychology have become man's little gods, hyped as having answers to human troubles. But every day, every way they expose behavioral bankruptcy. Current social chaos - especially in the most affluent nations - shows us all that - psycho-stuff has no real answers. In fact, the more it is heard, read, lived, the more paranoid people become, and, the more analysts they must see, in a vicious but lucrative circle - that says: "See you next session; bring your money." Most shrinks apply forms of psycho "band-aids" that cannot cure at all. Any who trust their treatment - are left ill still.

Why No Answers?

Why has society no real answers? Simple. They offer false and failing "self" solutions - and ignore the Savior. Without Jesus - the One and Only true "Prince of Peace" - there can be no real peace. Not personal peace. Not planetary. Not ever.

See human history? Search out every century, country, culture, color, class, creed. We see that - all people and nations - who ignore, deny, defy God's Savior-Son Jesus - all who love their self-centered sins - serve false gods - never know peace. Never!
"There is no peace, says my God, to the wicked!"

God spoke of Israeli national leaders - Jeremiah 6:14,15 -

"They healed the hurt of My people a little, saying, 'Peace, peace!' when there is no peace. Were they ashamed in committing abomination? No! Not at all ashamed, did not know how to blush. So they will fall, with those who fall, at the time I punish them, they will be cast down' says the LORD."

Heart Trouble Help

In the midst of world worry and terror - Jesus gives us all His own wonder-words of hope and help for happy, calming inner peace. Read, rejoice, rest in His Words - Jesus offers peace -

“Let not your heart be troubled, you believe in God, believe in Me too (Jesus is God). Peace I leave with you, My peace I give to you. Not as the world gives, give I to you. Let not your heart be troubled, nor let it be afraid” (John 14:1,27).

Isaiah's peace-promise prayer to the One and Only Jehovah God Almighty - shown and know in Jesus Christ Himself - says it -

“You will keep him in perfect peace whose mind is stayed on You, because he trusts in You. Trust in the LORD forever, for in the LORD GOD is everlasting strength” (Isaiah 26:3,4).

Look up to Jesus. For the darker this sin-sick planet grows - the more brilliant shines the Light of Jesus Christ - He is called -

*“The Bright and Morning **Star** and **Sun** of Righteousness Himself. To you who fear My name, the **Sun** of Righteousness will arise with healing in His wings” (Revelation 22:16; Malachi 4:2). Yes He will. Count on Him.*

People who truly trust in Jesus have His inner peace. They do. But many folk - even Christians - seek anxiety answers in godless counsel that offers no real way out of worry and fear. People and nations seek solace in pseudo-solutions, and ignore the true peace that only Jesus can give. And we pay a perilous price - in person, as a nation, the world. The loving Messiah Jesus called Israel to come to Him for His peace and protection.

“O Jerusalem, Jerusalem, who kills the prophets, and stones those sent to you: how often I wanted to gather your children, as a hen gathers her own brood under her wings - and you were not willing” (Luke 13:34; cp Luke 19:41-44).

Israel claimed to belong to the LORD God of the Bible. But when God's promised Messiah-Savior-Son came to earth - and

called them to trust in Him - they “would not!” They lost His peace and protection. Less than four decades later - in 70 AD they and their children paid an awful price. Titus the Roman destroyed Jerusalem and the temple, slaughtered a million Israeli men, women, children, enslaved 100,000 more, scattered them worldwide. It was the bitter fruit of a rebel root.

You see it, don't you. If we refuse God's Word and will and way - He backs off - lets us have own way, day, say - and we lose His best blessings. Israel refused the Savior's love-call - and lost it all - God's loving giving, God's power protection. The tragic cost was God's best blessings lost to Israel - both personal and national - for centuries to come - worldwide. They chose wrong.

America is at that place - personally - and as a people. We ignore, deny, defy Savior Jesus and His loving grace-call to all.

Our schools outlaw His Word - the Bible - profane His high and holy name. We see the tragic terror-cost, true spiritual, moral, ethical, social values lost. No true righteous direction for our children and teens. We see the epidemic increase in selfish evils - greed, coveting, American idols, envy, hate, lust, family-failure, child-sorrows, violence, crime, murders, wars, disease, death - and the sick sin-list goes on and on and on. This sad, mad, bad news Age has no peace - people or planet.

Yet, the God of the Bible - in crisis or calm - calls us all -

“Yes! I have loved you with an everlasting love. Therefore, with lovingkindness I have drawn you. Call to Me and I will answer you, and show you great and mighty things which you know not” (Jeremiah 31:3; 33:3).

“Ho, every one who thirsts, come . . . come . . . come . . . Incline your ear, come to Me. Hear, and your soul will live.

“Seek the LORD while He may be found, call on Him while He is near. Let the wicked forsake his way, and the unrighteous his thoughts, and let him return to the LORD,

and He will have mercy on him; and to our God, for He will abundantly pardon” (Isaiah 55:1-7). Jehovah Jesus - the LORD God of the Bible - calls all: “Come to Me, I’ll rest you.”

Jesus is near, in stress and fear, He calls us all
Matthew 11:28:

*“Come to Me all who labor heavy-laden . . .
I will rest you!”*

He promised His
Best Stress Rest - Real Depression Relief.

*Seek the Savior
You’ll Need No Shrink*

The brief but beautiful Bible Book of “Philippians” - in just four short verses (4:6-9) - tells us God's perfect peace-plan. It’s His way for us to trade away panic and paranoia - for His true peace of heart and mind. Call it - “God's soul-calming capsule”

- from **Jesus** - to **you** and **me** - with **love** -

And it works - all the time - every time we truly try it.

Jesus is all-sufficient - for you too.

“Be anxious for nothing (literally: not one single thing), but in everything, by prayer and petition, with thanksgiving, let your requests be known to God. And the peace of God, which passes all understanding, will guard your hearts and minds in Christ Jesus” (Philippians 4:6,7).

Your problems and mine do not perplex or puzzle God. Our problems are no problem to Him at all. He looks in pity - sees our sin-sick society - and He calls us all:

“Come to Me all . . . I will rest You too.”

He calls all our teens, our children too. He loves, longs to save and set free - our confused, abused, unsure, insecure, suicidal,

alcohol and drug and sex-trapped, social-slave, spiritually dead, hopeless, hapless, helpless - children and young people. He says to each of them - all of them - right now - the same Good News He spoke when He walked this poor, sin-guilty planet:

*“Come to Me all who labor heavy laden . . .
I will rest you!”*

Question for You: Do you bring your child and teen to Jesus? Parents send their child to see a “shrink” - but not the Savior.

It’s a sad tragedy, friends, because - all who believe God's high, holy, happy Word - all - young, old, in-between - all who call on Jesus Himself - find His perfect peace. Isaiah spoke to God:

*“You will keep him in perfect peace,
whose mind is stayed on You, because he trusts in You.
Trust in the Lord forever,
for the Lord Jehovah is an everlasting Rock.”
(Isaiah 26:3,4)*

God gave to both Moses and Paul the same peace assurance -

*“The Lord bless you and keep you,
the Lord make His face shine upon you,
and be gracious to you,
the Lord lift up His countenance upon you,
and give you peace.
The Lord of peace Himself
give you peace always in every way.
(Numbers 6:24-26; II Thessalonians 3:16)*

Know this! In any worry or fear - Jesus is near - here - with us. He is our Counselor, His Word our counsel. We need no other. For God calls man’s godless counsel - *“foolish.”* Yes He does.

King David knew stress, worry, fear - much of it self-induced - his own fault. So, he opened the Book of Psalms - like this:

*“Blessed is the man who walks **not** in the counsel of the ungodly, nor stands in the pathway of sinners, nor sits in the*

seat of the scornful. But his delight is in the Law of the LORD and in His Law he meditates day and night.

“And he shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, its leaf also shall not wither; and whatever he does shall prosper.

“The ungodly are not so, but are like the chaff the wind blows away. So, the ungodly will not stand in the judgment, nor sinners in the assembly of the righteous. The LORD knows the way of the righteous, but the way of the ungodly will perish.

For *Best Stress Rest* - go to the LORD God of the Bible - He is the Savior-Lord Jesus Christ. And Go to the Bible God gave us - it alone is God's Holy Book - with His own high, holy, happy, helping counsel - His own - *Real and Right Depression Relief*.

All Absolute Answers

Current psychology claims expertise as “behavioral science” with superior solutions to man's sad, mad, bad act attitudes.

But never forget this fact: **God** - not psycho-shrinks - “*Wrote The Book*” - on all human behavior - and **mis**-behavior. Yes He did. The Bible is His clear, certain, changeless Word - His Triple A - All Absolute Answers!

So, do it! For sure, secure inner peace - Go to God. Go to God's Book - the Bible - it gives us His answers. It all points to Jesus. He says what He said 2000 years ago: “*Come to Me!*”

Helpless Without Him

Look around you. America's material living standard is far above anywhere else on the planet. Yet our moral, ethical, social, mental ills grow worse - every day, every way. Drunks, drugs, porno-sex-sins, killer-viruses, brutal murder, hatred, envy, pride, violent crimes - all increase at an epidemic pace. And with it all comes - worry, inner stress, fear, depression.

God says the problem is simply - it is "SIN." His Word shows us sin-lists - to see what God calls "sin" - and see what sins do to us all. Jesus said sin is a "self" problem - from within.

"What comes forth out of a man defiles the man. From within, out of the heart of men, proceed evil thoughts, adulteries, porno-sins, murders, thefts, coveting, wickedness, deceit, sensuality, an evil eye, blasphemy, pride, foolishness. All these evils come from within and defile a man" (Mark 7).

Jesus says every sort of sin is a triple threat to us all -

- 1) it's in our selfish nature: *"out of the heart . . .*
- 2) it's in our selfish mind: *"evil thoughts . . .*
- 3) it's in our self-willed acts: *"adulteries, porno-sins, etc."*

It's an ugly list - our bitter roots bear bitter fruits - like fear, worry, stress - rob us of peace in spirit, soul, heart, mind.

Sowing and Reaping

The Bible says - sowing self-sin - reaps self-corruption.

"Be not deceived, God is not mocked, for whatever a man sows he also reaps. He who sows to his flesh (self) reaps corruption (with its fears, worry, stress). But he who sows to the Spirit, of the Spirit reaps life everlasting" (Galatians 6).

Adam and Eve "loved self" more than they loved God - so they sinned - sought to elevate "self" - they both disobeyed God. Sin-guilt, shame, fear were the results. Recall Adam's first fallen sinner-words: *"I heard Your voice, and I was afraid, I was naked, and I hid myself."* Our sins do that, don't they. We fear God - because we are naked in our sin before Him - and we try to hide.

But God, in His great love and mercy, provided His Savior-Son Jesus - to pay the just death penalty for our sins - to arise from the dead, to forgive our sins, and restore us to Himself forever.

*All Bible Counsel
brings
Best Stress Rest - Real Depression Relief*

It's true, sometimes we all need counsel. If you do, remember, the very best "*professional counselor*" - beside our Lord Jesus Himself - is a Bible-loving, Bible-living, Bible-reading, studying, preaching, teaching, Bible-counseling - *Bible Pastor!* He will pray with you, he will point you to Jesus. Count on it.

God's Promised Counselor

God promised to us, thru the prophet Isaiah, His Counselor -
"*Unto us a Child is born . . . unto us a Son is given . . .
His name shall be called Wonderful, Counselor, Almighty God,
Father of Eternity, Prince of Peace*" (Isaiah 9:6).

Messiah-Savior Jesus Himself - is that "*Wonderful
Counselor - God in Absolute Power Control - our
Father Now and Forever - the Prince of Peace.*"

He freely gives us His perfect peace. And mark it indelibly in your memory: Any counselor - I repeat - any counselor - who does not point people to Jesus Himself - is no counselor at all. And, friends, it is tragic but true - today - most so-called counselors don't point people to Jesus, or His Word - the Bible.

Honestly now, do you really want Best Stress Rest? Hear Jesus:
"*Come to **Me** all who labor heavy laden, I will rest you.
Take My yoke, learn of Me. I am meek and lowly in heart, and
you will find soul-rest. My yoke is easy, My burden is light.*"

When we truly trust in Jesus Christ - and yoke to Him - learn from Him - of Him - three vital things happen:

- We bond to Him - belong to Him
- We follow Him - anytime, all the time, anywhere
- He pulls the load

When we yoke to Jesus - He pulls the load - frees us from stress - gives us His rest. Jesus said it. That settles it. Come to Him.

Look to God's Book

The Bible alone gives God's **All Absolute Answers**.

Dr. Henry Brandt is a Christian psychologist and pioneer-leader in a fast-growing group of All Bible Counselors. He spoke to a pastor's conference I attended - and spoke about counseling. In closing, he pulled from his pocket a Bible, and gave us this vital instruction: "Pastors, don't send your people for counsel to us psychologists. You counsel them. You have the best and only counseling Book you ever need - the one and only textbook I ever use - it is the Bible!"

Again, may I say, any counselor who will not seek God's Bible answers and point you in person to Jesus Christ Himself - is a pseudo-counselor, a false analyst, phony pretender. Not a real and right counselor at all. Period. End of story!

Don't be Dazzled

My friend, don't be dazzled by pseudo-intellectual, smart-sounding, psycho-terms so prolific these days. They sound nice but cannot cure. Terms like "dysfunction, disorder, disease", and other medical-sounding words, are often only cop-out terms, used to ease, avoid, sidestep the sting and guilt of sins and wrongs done, refusing to face, name, and deal with them.

Today drunkenness is called "disease", drunks called "victims." God calls them all sinners - needing His forgiveness of sin. Rage - out of control anger - is called "disfunction." God calls it sin - needing His power-control. Lust and porno-sex-sins are called "addictions." God says - in fact - they are evil, depraved, degenerate sinner-heart acts. All these sins and more cause a guilty conscience. And rob us of real, right peace with God.

Best Stress Rest comes to those who stop excusing sin, stop blame-shifting, stop avoiding the guilt within - who see sin as God sees sin - tell it like it is - hate their sin - come to Jesus - for His loving, forgiving, guilt-removing, grace-giving mercy.

Who, Me?

The old spiritual song said it: "Not my brother, not my sister, but it's me, O Lord, standin' in the need of prayer." Instead of finger-pointing buck-passing, we need to honestly, humbly look inside at our sins, guilt, shame. The worst stress-factor and worry-cause is - *US* - called "*self!*" And self seeks alibis, excuses wrongs and sins, hates taking blame. Robs our peace.

"No-fault" sin excuses started in Eden. Adam blamed his wife. Eve said "the devil made me do it" (Genesis 3:9-13). Both cried - "victim." But God called them guilty sinners, destined to die - shut out from God. Both needed the pardon that only God's Savior-Son alone could and would provide. In due time - God did provide pardon - He sent the Savior-Lord Jesus.

Why We Fear - One

We Doubt God Doubting God is a prime cause of inner anxiety and stress. God is always right, holy, true, just, good, loving, gracious. His high, holy Word is too. God always does what is best for us. So - when we doubt, disbelieve God - we are always wrong. It is sin - we are guilty - and sin-guilt brings stress, worry, fear. As with Eve and Adam in Eden, Satan and his evil demon-spirits try to tempt you, me, all on the planet - to doubt God's Word. Their sad, sick, tired, lying line never changes - back yonder in Eden - and right now - today:

"Yea, has God said . . . ? You will not surely die!"

Satan lied. Adam and Eve died. The instant they sinned they died to God - the were both cut off from Him - by their sin.

And they began dying physically. Decay, aging, weakness began that day, disease, pain, sorrow, tears, fears - and death.

It happens to all - in a world that still - *doubts, disbelieves God*. In you and me too - fear, stress, worry, depression - all come when in our daily life-choices we do it again - doubt, disbelieve God and His high, holy, happy, Heaven-sent Word.

Why We Fear - Two

We Disobey God He is always right. So when we disobey God we're wrong - He calls it sin. Our selfish behavior robs us of God's peace, open us up to panic and paranoia. Remember Adam's words - after he - doubted and disobeyed God:

"I heard Your voice . . . and I was afraid because I was naked, and I hid myself" (Genesis 3:10).

In all our sins - big or little - we expose our naked shame and guilt before the high, holy Lord God Almighty. And just like Adam - admit it or not - we too fear and worry - every time. Our sins rob us of His pure, perfect peace.

The smart, simple, sure solution to stress and fear is to come in faith (trust, belief) to the Savior-Lord Jesus Himself - for His loving mercy, pardon, cleansing, restoring to a new beginning.

To anyone who is not afraid or ashamed in sinning - God says:

The fear of the LORD is the beginning of knowledge, fools despise wisdom and instruction. Do not be wise in your own eyes. Fear the LORD and depart from evil. It will be health to your flesh, strength to your bones. The fear of the LORD is to hate evil. Pride, arrogance, the evil way, the rebel mouth, I hate (Proverbs 1:7; 3:7,8; 8:13).

When we fear the Lord -
we never need to fear anyone or anything else.

Why We Fear - Three

We Deny God God is - He exists. And He is a Rewarder of all who truly seek Him. If we ignore - or are ignorant of - the Bible - the one and only written Word of God - we are ignorant of God's will and way. We can have no inner peace. We are open to all sorts of fear, worry, stress. Yes we are.

Just before Jesus died on the Cross His disciples were fearful, troubled, they did not know His plan, or their place in His plan. Jesus calmed their fears - called them to believe in God - believe in Him - for Jesus is God.

Please note: Jesus did **not** tell them to “see a shrink, or seek an analyst-counselor, or psycho-therapy.” Jesus simply told them that He - Himself - gives His real, right inner-peace - to all who choose to believe in Him. He will do it for you and me too.

“Let not your heart be troubled, you believe in God, believe in Me too (Jesus is God). Peace I leave with you, My peace I give to you. Not as the world gives, give I to you. Let not your heart be troubled, nor let it be afraid” (John 14:1,27).

Friends, Jesus Christ died on the Cross for our sins. He arose from the dead. He ascended to Heaven - from where He came.

Today He is not walking this planet in Person - yet He still calls to Himself - and calms our fears: *“Peace to you! Fear not!”*

Question: When Jesus left the planet did He make void His promise to give His personal inner-peace? No way! He is always the same - yesterday, today, and forever. Today - as we speak - He still offers us His inner-peace.

If you and I seek the Savior - we need no shrink. Count on it.

Think about Apostle Peter in prison. He saw James executed by the sword. The next day he was next. He was shackled in

chains, guarded by 16 guards, deep in the dungeon - all alone. Yet, he slept soundly. He needed no sedative, no sleeping pills, no prison-psychologist or clergy to calm him the night before his scheduled execution. He slept peacefully. How come? Because He knew the crucified but risen and living Savior-Lord Jesus was with him - keeping His promise of peace - still giving him deep, sweet, strong peace in heart and mind.

Paul the Apostle held the coats of men who murdered Stephen, the first Jesus-martyr. Paul saw that same Jesus-peace in Stephen - as he faced his murderers. And, ever since, God's people - in all kinds of crises - in life or death - know and show God's sweet peace. Later, Paul wrote God's absolute-power peace-promise. Read it - remember - rejoice - rest in it.

“Be anxious for nothing (literally: not one single thing), but in everything, by prayer and petition, with thanksgiving, let your requests be known to God. And the peace of God, which passes all understanding, will guard your hearts and minds in Christ Jesus” (Philippians 4:6,7).

“Are you weary, are you heavy-hearted?

Tell it to Jesus.

Are you grieving over joys departed?

Tell it to Jesus alone.”

Caring Counselors

Wise, thinking, caring counselor-analysts give hurting people *“ABC - All Bible Counsel.”* Unwise, careless counselors - ignorant of God's Bible truth, use *“words which man's wisdom teaches.”* They hinder hurting people from finding true peace.

Counselors who point people to Jesus Himself - to seek His face - His grace whose name is: *“Wonderful Counselor”* - those counselors literally - mimic Jesus. Whatever the sin or stress, Jesus still calls all people to Himself: *“Come to Me all.”* Only truly *“All Bible Counselors show His Best Stress Rest.*

Sympathy or Solution

It's a fact - most folk seek counsel for sympathy, not solutions. But all who seek real, right answers to troubles - seek a true - *Bible counselor!* He will pray with you, take you to the Bible for God's all absolute answers, point you to Jesus Himself - the Prince of Peace. For personal inner peace.

Lesser counselors may offer you shrink-type hype, or a temporary quick-fix, or behavior-band-aids that will bring you back for another lucrative session. But they never give you the right and real - *way out of worry.*

My dear fearful, stressed-out friend, this is most vital of all - for inner peace - **you go** - in person - to Jesus Himself. Don't leave praying to others. **You Pray!** God wants to hear **you**. He wants **you** to know Him, trust, love, look to Him, come to Him, talk to Him - in crisis and in calm. Because - with Jesus near there is no need to fear. Not now. Not ever. Count on it.

The Way to God's Peace is God

God Himself gives peace. What worries you, makes you fear? Is it money? Safety? Security? Success? Sickness? Social ills? Family trouble? World terror? Well, whatever our fears - in all - Jesus commands all His own: *Stop worrying!* Yes He does.

When I worked my way through college, I recall the real stress over finding jobs, paying bills. A sign in the student employment office read like this: "Why Pray When You Can Worry?" Well, we don't say it, but too often we live it, don't we: "Why pray? Worry!"

Often we are like the machinery assembly notice on the box: "When all else fails follow instructions." Remember it well, repeat it often - God wrote *The Instruction Book* on all human behavior - *the Bible!* It gives us God's *All Absolute Answers!*

We tell our troubles to others, even pay them to listen to us. We hear others speak, read others' books, but we get no real, right answers. When, finally, all else fails, we may go to God, may look to His "Instruction Book" - the Bible. But, too often we only go to God - after major damage is done. Today millions of marriages entered into like that - end in divorce.

It's all backward, isn't it! God made us, God gave us His Word - the Bible - with all His right answers to our wrong actions. He calls us to seek Him first, His Kingdom, His righteousness. And - for our own good - we should. For, in our worry, Jesus commands you and me: "*Do not be anxious! Do not worry!*" And if we're smart we say: "Thanks, Lord, I needed that!"

God's Power Peace Promise for You and Me

In His classic "Sermon on the Mount" Jesus gave us the most powerful inner-peace proclamation ever made. He spoke it 2000 years ago, it is His eternal Word, still true in Century 21.

It still tells us God's own ideal way for people in the whole world to live and be best blessed - pursuing and finding true happiness. And it includes His sure stress solution - how you and I can always be fear-less and worry-free.

Matthew 6:24-34

Five times in this amazing grace power-peace passage Jesus used the word "worry." Three times in eleven verses He said:

"Do not worry. Do not worry. Do not worry."

Best Blessings

Jesus opened His Sermon on the Mount with what we call His "Beatitudes" - His "blessings." His best blessings are not material, but spiritual. Jesus said:

*“Blessed are the poor in spirit,
for theirs is the Kingdom of Heaven.
Blessed are those who mourn - they will be comforted.
Blessed are the meek (gentle) - they will inherit the Earth.
Blessed are those who hunger and thirst for righteousness -
They will be filled.
Blessed are the merciful - they will obtain mercy.
Blessed are the pure in heart - they will see God.
Blessed are the peace-makers - they will be called sons of God.
Blessed are those persecuted for righteousness' sake -
Theirs is the Kingdom of Heaven.
Blessed are you when they revile, persecute you,
say all kinds of evil against you falsely - for My sake.
Rejoice and be exceedingly glad,
for great is your reward in Heaven,
for so they persecuted the prophets who were before you.”*

You see it, don't you. Jesus said His best blessings are to those who put His spiritual truth and values - first - always first.

“Blessed are poor in spirit, those who mourn, the meek, those who hunger, thirst for righteousness, the merciful, pure in heart, peace-makers, persecuted for Jesus' sake.”

Now, think about it. What causes us worry and fears in life? Things opposite to the blessing list Jesus gave us - right?

We wish for, work for material riches. We do not see our spiritual poverty, do not seek Jesus, who said He came to *“preach His Good News to the poor.”* We like to laugh, not mourn, not grieve over sin, shame (as in so-called “sitcoms”). We are proud, not meek and lowly, not self-effacing before God and others. We don't hunger and thirst to be righteous (right in God's sight).

We care little, show little mercy and help (like selfless missions-giving). Our hearts are not broken and contrite before God. We do not endure persecution for Jesus.

Jesus is saying, we ignore His spiritual pursuits - we do not love and live to please, honor, obey His Word and will - we want our way, say, day - in trivial self-pursuits. So - we lose His best blessings. The result is stress, worry, fear, depression.

No Peace to Pretenders
Sermon on the Mount
Matthew's Gospel - chapters 5 thru 7

In Matthew 6 - verses 1 to 23 - in His Sermon on the Mount - the Savior-Lord Jesus Christ taught us - humility - honesty - honor - in helping others - in praying to God - in self-denying sacrifice - in eternal values - in sure, single focus on the light and life of God. Jesus said, we are full of light when we do right in God's sight - not pretenders, not hypocrites. And - here it is - being and doing what is right in God's sight - brings us His own real relief from all worry, all stress, all fear. Believe it.

And, of course, all these right traits named in Matthew 6 - were lived perfectly by Jesus Christ - for He is God in flesh. We need to trust, love, look to Jesus - mimic Him. And when we fail (as we all do) we need to come to Jesus for His pardon.

Way out of Worry
Matthew 6:24-34

Five times in just eleven brief verses Jesus used the word "worry." Three times He said: "*Do not worry.*" It is His command, to be obeyed. Jesus taught us His personal inner power and peace, open, offered, to all who trust and love Him. His way out of worry - free from fear - His best stress rest.

What is Worry?
Divided-Mind-Thinking

Matthew 6 - verse 24 - defines worry. The Bible term "worry" is from a Greek word: *merimnate*. It means "divided-mind."

We hear the psycho-shrink term - *schizophrenia*. It means: "split-mind." The word Jesus used - *merimnate* - means the same - "divided mind - dual thinking." In the New Testament it is translated three basic ways: "worry", "anxiety", "cares."

Worry is divided thinking - serving two masters. Jesus said it:
"No one can serve two masters, for he will hate the one and love the other, or he will hold to one and despise the other. You cannot serve God and mammon" (Matthew 6:24).

Worry, anxiety, cares - are inner-man soul-struggles - conflicts. "*Divided thinking.*" In every fear or stress we all must decide - choose - "Will I believe and serve God - or not - or self?"

Remember Joshua

In God's power and plan - Joshua fought and won the battle of Jericho, conquered and claimed the promised land. Then, after awhile, he saw his Israeli people begin to follow false-god religions. In the final chapter - Joshua 24 - Joshua said -

*"Choose you today whom you will serve.
As for me and my house - we will serve the LORD."*

Jesus says it too. Decide. Make up our mind. Choose whom you will serve: "*God or mammon!*" All worry and inner-stress start with our simply being spiritual schizophrenics - double-minded - two-faced with God.

James said: "*a double-minded man is unstable in all his ways.*" To avoid fear - Choose to Serve God - not self - not mammon. Remember - Fear is a feeling. Faith is a choice!

Choose to Serve Jesus

People say they trust, love, serve God - use His name in vain - saying - "O my God, Good Lord" - but don't obey Him at all. They ignore Him. Are ignorant of the Bible - His one and only

holy Book - His Word - telling all the world His will and way. So, most people on the planet - *Serve Self! Mammon!* Not the One and Only true God - at all. And this try at double-minded dual serving - makes us weary in worry - stressed out.

When people ignore Jesus Christ and His Word - He may let them have their way. But they lose His inner peace. Without Jesus - godless people worry, stress, fear.

The way out of worry is to walk with the Lord in the light of His Word - day-by-day-by-day. Then we have His inner peace. And we learn what Jesus means, when three times in this Matthew 6:24-34 peace proclamation - He says to His own:

“Do Not Worry!”

Worry happens whenever we try to serve both “mammon” (i.e., self, things, money) and the Lord too - at the same time. Jesus said we cannot do both. We all choose - daily. Jesus is Lord! Mammon is not! If we don't choose - if we try to serve both - our “divided-mind” becomes “anxiety, worry, fear.”

“If anyone lacks wisdom, let him ask of God, who gives to all liberally, without reproach, and it will be given. But, let him ask in faith, nothing wavering, for he who wavers is like a wave of the sea, driven with the wind and tossed. And let not that man think he will receive anything from the Lord. He is a double-minded man - unstable in all his ways.

If in our troubles and worry - we get no answers from God - it may be that we are two-faced. Jesus says, if we truly seek Him - we never need to worry or fear - for He is near - right here.

In Matthew 6:24-34 Jesus said it three times: *“Do not worry!”*

- 1) *“Do not worry!”* - about life and death.
- 2) *“Do not worry!”* - about what to eat, drink, wear.
- 3) *“Do not worry!”* - about tomorrow's troubles.

“Do seek God, God's Kingdom, God's righteousness!”

So - why worry at all - when you can trust Jesus Christ in all? Jesus points us to birds. They don't sow or reap, worry or fear. God cares for them. He cares more for us than He does birds. God says, when we truly seek Him, He frees us from all worry.

But, even people who do right, worry too, don't they. Will worry change our circumstances - make things better? Never! Worry causes panic, paranoia, pain - robs us of inner peace.

God's Worry-Free Key

So, what do you and I do with our worries? Jesus told us exactly what to do. Matthew 6:33 - His Worry-Free Key:

“Seek first - God!

Seek first - God's Kingdom!

Seek first - God's Righteousness!”

You see it, don't you. God's Worry-Free Key is: Seek **Him** first. Seek first **His** Heaven-Kingdom - not earth first. Seek first **His** righteousness - what **He** calls right and good and true.

We want our own rights. We forget that God's rights are first. Do you want to be worry-free? Do what is right in His sight. When we do - His peace-promise is to us too - when we seek first God - His Kingdom - His righteousness. It is His own Worry-Free Key for you and me. The result - Matthew 6:33:

And all these things - your needs - will be added to you.

Stresses God Solves

Let's go to the New Testament and trace three stress-terms - *anxiety, worry, cares*. As we saw, all three are translations of one Greek term - *merimnate - divided thinking*. If we track this term back thru the New Testament - we see eight basic worries. The answer to all worry is in our Lord's Words - Matthew 6:33:

*Seek first His Kingdom and His righteousness,
and all these things will be added to you.*

One - Don't Worry about Life Needs

*I say to you, **do not worry** about your life, what you will eat, or drink, nor about your body, what you will put on. Is not life more than food, the body more than clothing? (Mt 6:*

We worry about life-needs, don't we. Food, clothing, shelter. Then we add worry to worry - about non-essential trivial self-pursuits. Things we don't need at all. In verse 33 - Jesus said -

“Do not worry - seek God first - all these things will be added to you” (cp also Luke 12:22-24).

We worry - about finances, food, security, clothes, a house, good health - for us - for our family. When these seem threatened - we worry, fear, become anxious, even depressed. As if God does not see us, or see our needs, or care.

So, what shall we do about anxiety and fear? Does Jesus have the real right answers? Yes He does! All Absolute Answers!

First - remember always - Who Jesus Is! He is the One and Only LORD God Almighty, the ever-present, all-powerful Creator-Sustainer of all the Heavens and the Earth. Jesus is the loving, living, eternal-life giving Savior-Son of God. Jesus is the One who took a lad's lunch - 5 loaves, 2 small fish - and in a creation-miracle - fed 5000 men - plus women and children - with 12 full baskets left over. Jesus is the King of all kings and Lord of all lords who ever lived and ruled. Jesus is always absolutely ready, willing, able to supply our needs, take away our worry and fear, and give us His personal inner peace!

Peace is for the Birds

So, how about you? Can Jesus help you, today, right now? Will He supply your needs too. Yes He will - if you come in faith to Him, and ask Him to. He said it: Matthew 6:26:

Look at the birds of the air, they neither sow, nor reap, nor store in barns. Yet, your Heavenly Father feeds them. Are you not of more value than they?

Yes you are! Jesus said - you are of “*more value*” than birds.

So-called “environmentalists” choose to ignore the great Creator-God of all life. They put animal life above human life. They choose to save a whale, seal, bird, fish, tree - and at the same time - choose to murder in the womb - unborn human babies - by the millions - worldwide. Such rebels against the loving, living, life-giving Lord God - put “mother earth first” - not earth's Creator-God. Paul wrote the truth about them all -

They exchanged the truth of God for the lie. And worshiped and served the creature rather than the Creator - who is blessed forever” (Romans 1:24,25).

Do you want true peace of heart, soul, mind? Real, right inner quiet - in crisis or calm? Worship Jesus! He sees the raven fly, the sparrow fall, and He cares. He hates the curse of disease and pain and death that man's sin brings on animals. In His own perfect timing He will fix it all. Count on it. But first - foremost - He loves, cares about people. Yes He does.

You see, no animal will spend forever in Hell. God has a plan for them. But Jesus said all people who die without Him - will Go to Hell. Believe it.

Again, men and women are created in God's own image. Animals are not. So, Jesus still says to His own - *Fear not, for you are of more value than many sparrows.* He who cares for all animals and birds - cares for us too.

One recent morning I was troubled. As I was praying, outside our window I saw a tiny hummingbird, flying flower to flower, hovering, gathering his morning food. And I recalled this lovely little line from our Lord Jesus - to calm us. He said:

“Look at the birds . . . your Heavenly Father feeds them.” And the next line: *“Are you not of more value than they?”*

Remember this: Jesus may not give us everything we wish for - or all we think we need - or all that advertisers say we need. But all that we truly need - He promised to supply. Yes He did.

Of course, the Lord's promise to supply does not mean we need not work for His supply. The tiny hummingbirds work hard, ravens, sparrows, eagles all work hard. So - God calls us too - to work hard for the daily bread we receive from His loving, giving hand. Josiah Holland had it right:

“God gives every bird its food,
but He does not throw it into the nest.”

I add - God gives us daily bread - but He calls us to earn it.

Many people “mooch” - do not work to earn what they receive. And - whether they think so or not - such folks are under the soul-stress of a guilty-conscience. Why? Because they are lazy - they take from others what they did not earn. Jesus said to help the old and weak, to care for the poor. But - He also said - the able-bodied poor ought to work to earn their daily bread. Those who don't and won't work - have a guilty-conscience. And it causes them anxiety - inner stress - no real soul rest. It's why so many are on tranquilizing medications these days.

The simple solution is to do right in God's sight. Paul heard that some church folk were lazy - II Thessalonians 3:8-12 -

Nor did we eat anyone's bread free . . . but worked with labor and toil night and day, not to be a burden to any. We commanded you: if anyone will not work, neither shall he eat. For there are some among you who walk in disorder, not working at all. We command and exhort thru our Lord Jesus Christ, that they work in quietness and eat their own bread.

When we truly seek God, His kingdom, His righteousness - then we will truly know what Jesus means: *“Do not worry!”*

Two - Don't Worry about the Body

Our bodies are a big issue these days. People think a lot about the body - how we look, smell, feel.

It is a wonderful blessing to look good, feel well. We realize it more as time takes its toll on our bodies. Some of us need all the help we can get. The older I grow the more I know it is so.

Beware the overdo. Big bucks - we're talkin' billions, baby - are spent by folks unhappy with their bodies - dissatisfied - seeking body beauty, muscle buildup, weight slim-down, battling the bulge, grappling with gravity, and on and on. And they worry. So, look now at - Matthew 6 - verse 27 - Jesus said it:

Which of you by worry can add one cubit to his stature?

A cubit is 18 inches. No one can add (or lose) 18 inches to body height. Yet some worry about it - height - too short, too tall - lamenting - "if only I was . . ." Well, our Lord Jesus said: "*Don't worry about it!*" It is all trivial-self-pursuit.

Three - Don't Worry about Clothing

Adam and Eve attempted the great "cover up", tried to hide with fig leaves their naked sins. Ever since - people try to cover up too. It's another multi-billion dollar business. It's amazing to watch award shows and glamor galas. It is easy to see - even the prettiest men and women - need a good "clothing cover up."

Matthew 6:29 Jesus gives us His practical Word on worry:

Why worry about clothing? Consider the lilies of the field, how they grow. They toil not, nor do they spin. Yet, I say to you, that even Solomon - in all his glory - was not arrayed like one of these (cp Luke 12:27).

Fashion designer clothes fill stores, catalogs. Rich and famous people get richer endorsing clothing, leading millions to buy. It is epidemic - a mad dash after “mammon” (money, things). Some folk live in shacks, so they can buy designer clothes.

Why does this mad craze for the luxury lifestyle flourish so? Well, among the truly poor, it doesn't. Truly poor people have no money for silly non-essentials, only basic food, clothing, shelter, and often not even that. I've seen the truly poor. They live in hovels, eat a starvation diet, and wear rags. Believe it.

But affluent people, whom God has blessed with extra money and time and things, too often misuse His gifts. People with more money than they need (in America that includes most of the so-called poor) - raise their kids to “worry” - not about vital issues - but about silly stuff - like designer clothes. Jesus said - “*Don't worry about clothes.*” He called it a “*divided-mind.*”

God is often ignored. Until people face a serious crisis. Then, wanting silly clothes seems foolish. Really. When the crisis comes, we may call on God too late. Think about it - a dying gang member cares nothing about the “designer shoes or clothes” he was shot for.

In trouble we call out to God. And often He hears, helps us. Not because we love and live for Him - but because He loves and cares for us. Then, when the crisis clears, we all too often go back to our “*divided-mind mammon-loving living.*”

In my Navy days, I preached many Sunday services. In the battle zones, where men were killed, I preached to a full house. But when the peril was past, and we were safely back in port, many men - forgot God - returned to their own godless living. It was more *divided-mind two-faced* living. All phony.

Matthew 6 - verse 30 Jesus also said - look at the flowers - King Solomon, the richest king ever, in all his royal robes,

could never equal their brilliant splendor. It's still true, isn't it. Really - what fashion designer or clothier can equal the color, glory, beauty that comes from our great Creator's hand? In Matthew 6:30 - Jesus said to you and me and all the world -

“If God so clothes the grass of the field, which today is, and tomorrow is cast into the oven, will He not much more clothe you, O you of little faith?”

Do you see that? A vital insight! The real root of worry, the bottom-line cause of our fear and stress is “*little faith*” - not believing God. Jesus said it here - worry, stress, fear - all come because we have - “*little faith.*” Jesus said it again, verse 31 -

*Therefore, do not worry, saying,
What shall we eat, or drink, or wear?*

Fear is a Feeling - Faith is a Choice

We choose to trust God - or choose to give in to fear. Doing both at the same time - is impossible. We cannot trust God - and not trust God at the same time. We cannot trust God - and worry, simultaneously. When worry comes - we sink under stress - or we choose to trust in Jesus - for His *best stress rest*. Many people seek security - in money or things. Jesus said:

After all these things the nations seek. Your Heavenly Father knows you need all these things (v 32).

The Worry-Free Key

Matthew 6:33

Our Lord's Worry-Free Key - saves us from trying to serve two masters - “*God and mammon.*” It's the real, right answer to a “*divided mind*” - that is “*stress, worry, care.*” The *Worry-Free Key* for you and me is - Matthew 6:33. Read it, rejoice and rest in it. Jesus said it. That settles it. Believe it.

*“Seek first His Kingdom and His righteousness,
and all these things will be added to you.”*

Jesus said, in our worries and fears - the real - *Worry-Free Key* is this: *Seek first God - His Kingdom - His Righteousness!*
Jesus spotlights seven facts - personal, practical, to the point.

Fact One

“Seek”

Choose - to seek God. Choose - to trust God. Remember again

Fear is a Feeling - Faith is a Choice!

Stress, worry, fear, panic, depression, etc. - all are emotions - feelings - that rise up within us - when we face some trouble.

But - seeking God is mind-choice - *un-divided-mind-choice*.
Jesus here says to you and me - *“You (choose to) Seek Him!”*

King David knew stress, and worry, and fear. He gave us a vital power prayer line - one all people on the planet can pray -
Hear, O Lord, when I cry. Have mercy on me, and answer me. When You said, “Seek My face”, my heart said to You - “Your face, Lord, I will seek” (Psalm 27:7,8).

Many people seek peace of heart and mind - soul-rest - in false human counsel - from godless shrinks, superstitious psychics, religious gurus, pseudo-preachers and prophets. But all these offer non-Biblical and misleading counsel - that denies, defies, ignores the high, holy LORD God - and His Word, will, way.

So - Jesus nails down this absolute fact and act - the real *Worry-Free Key* - to *Best Stress Rest* - is to - *“Seek . . . God!”*

Fact Two
“Seek God First”

Do not - first seek - food, clothing, shelter. *“Seek God First!”*
Do not - first seek - security - *“Seek God First!”* Do not - first seek - the many good things God gives us - but - *“Seek God First - God Himself - from Whom all blessings flow!”*

Many tell us the sad, tired old lying line - that - to love God, to love others - we must first love self. It is the big lie.

Jesus said the opposite! A lawyer, schooled, skilled in Bible Law, asked Jesus - *“What is the first commandment?”* Listen carefully to the answer our Lord Jesus gave us all -

“You shall love the Lord your God with all your heart, with all your soul, with all your mind. This is the first and great commandment. The second is like it, You shall love your neighbor as yourself. On these two commandments hang all the law and the prophets” (Matthew 22:36-40).

Notice - Jesus gave no *“Third Commandment - to “love self.”* Self-love is innate, natural in us all. We use to call it - selfish.

We all show it, do it. Self-loving self-will is a root of all sin. Eve and Adam - loved self - more than they loved God - or each other - when they defied His Word and will. Their self-loving sin plunged the whole world - human, animal, vegetable - into dread, decay, disease, death. And it is still true. Self-loving self-will causes heartache, heartbreak, stress, worry, fear.

But - by stark contrast - people who forget self - who first seek and love and serve God - and others - always worry least.

So, in Matthew 6:33 - Jesus tells us all - *“First - Seek God!”* He gives His perfect peace to all who do. Count on it.

Fact Three
*“Seek first **Him**”*

This looks to Matthew 6:32 - to the *“Heavenly Father.”*

*“Your Heavenly Father knows that you need all these things. But - Seek first - **His Kingdom and His Righteousness.**”*

A few verses earlier (6:9-14) Jesus told us to pray like this:

“Our Father in Heaven, holy is Your name. Your Kingdom come, Your will be done on earth as it is in Heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one. For Yours is the Kingdom and the power and the glory forever. Amen!” (Matthew 6:9-14).

We open up to worry when we forget that our *“Father in Heaven”* sees us, knows us, knows all our needs (6:8), our debts (sin-debts to Him), our troubles, temptations, test, trials.

His way out of worry for us all is - *Seek First God, Come to Him, Call on Him.* We need to pray the prayer Jesus gave to all who are His - God's will be done in us, with us, not our will

*“Thy Kingdom come,
Thy will be done - on earth - in me - as it is in Heaven.”*

Yonder in God's Heaven-Kingdom - all is perfect love, joy, peace, kindness, goodness, truth. No evil dwells in Heaven. Why is that? Because all who are there - do His good will - always. On earth we have sin's evils and error - not His will. But - on earth - those who do His good will are at peace.

Question. All on earth must answer it. Is the One and Only God the Heavenly Father - **your** “Father in Heaven?” Is He? Jesus told us that - many who say God is their Heavenly Father - do not truly belong to Him at all. Jesus said it to some very

religious men, who claimed to be God's children - when in fact they were - abject hypocrites. They hated Jesus. He said -

“If God were your father you would love Me, for I came from God. He sent Me. You are of your father the devil, the will of your father you will do” (John 8:42-44). They did.

We are all born into this sin-cursed human family - as lost sinners - cut off - from the high, holy Lord God Almighty. Not in His new creation family - at all. Jesus said it to all people on the planet - in order to become God's true child - we must - *“be born again . . . born from above . . . born of God.”*

“Unless one is born again he cannot see the Kingdom of God . . . you must be born again” (John 3:3,7).

Note! This is absolutely vital! The instant anyone truly trusts in Jesus Christ - the Holy Spirit of God “new births” him or her. If you have trusted in Jesus - you are God's *“born again child”* - ad in that new-birth instant He gave to you too - His own *“everlasting life.”* It is “everlasting” - meaning it life that will last as long as God lasts - which is forever.

Note! If you do not trust in the One and Only Savior Jesus Christ - you are not - *“born again, from above, born of God”* - you are not God's child at all. You choose to side with Satan. Jesus says to you - *“Come to Me!”* So do it - *“Seek first Him!”*

It's like this - only a truly born again child of God can take troubles to his / her *“Heavenly Father.”* One put it this way:

We say: *“Dear Father, I have a problem - me!”*

God says: *“Dear child, I have the answer - Me!”*

*“Seek First **Him** - your Heavenly Father - and all these things (you need) will be added to you.”* Jesus said it! That settles it!

Fact Four
*“Seek first His **Kingdom!**”*

Earth has its kingdoms - countries, cultures, colors, creeds - self-confused, sin-corrupted kingdoms. Most do not believe and love the true Lord God of the Bible. They are lost. And, all over the world - in these kingdoms - are Christians with dual citizenship - citizens of earth and of Heaven. Jesus said it:

“I Am no longer in the world, but these (followers) are in the world. I come to You. I have given them Your Word, and the world has hated them, because they are not of the world, as I am not of the world. As You sent Me into the world, I have sent them into the world . . . so that the world may believe that You sent Me” (John 17).

“Our citizenship is in Heaven, from where also we eagerly wait for the Savior, the Lord Jesus Christ, who will transform our lowly (lit: humbled) body . . . conformed to His glory-body” (Philippians 3:20,21).

So, when Jesus-people pray, *“Thy Kingdom come, Thy will be done on earth as it is in Heaven”* - if our prayer is real - not ritual - we are confessing love and loyalty to God. We are surrendering, submitting “self” - to His absolute-power reign. We ask His will, not ours. If not, our prayer is ritual, not real.

When we think, talk, act in ways unlike God's Heavenly Kingdom, it is because we don't believe God is the Creator-King of all creation. Or we don't care. We want our way, our say - no matter what God says. And - every time we seek our way and will - not His - we bring on ourselves the stress, fear, anxiety, even depression - of a sin-guilty conscience. Believe it!

Jesus said the Holy Spirit convicts all people on the planet - with His “holy guilt-trips” - of sin - righteousness - judgment.

“When the Holy Spirit has come, He will convict the world of sin, of righteousness, of judgment” (John 16:8).

He's been giving His holy guilt-trips thru all of human history. When we deal with our sins - bring them to Jesus - for pardon, cleansing - new life - that's very good. He gives us a new start. When we don't - we fall into stress, fear, worry - every time.

Fact Five

*“Seek first His **Righteousness!**”*

What is “*His Righteousness?*” To see it - look to Jesus Christ. He is God's perfect righteousness - personified. Absolutely. He is holy, good, true, righteous - from all eternity past - and when He walked this sin-cursed planet - and in th present time - into all eternity future. He is perfect righteousness, friends.

Also, what He calls righteous - what is right in His sight - is “*His true Righteousness.*” Jesus is always right, always righteous - because He is God. All He is, does, says is right.

Worldwide - pagan religions worship false gods in corrupt, immoral, cult-mythologies of evil, error, terror. They know nothing of the righteousness of the holy, good, true, loving Lord God Almighty of the Bible. Nor is it possible for them to know Him - except in Jesus His Savior-Son.

The same is true of modern new-age religions. Of course, they are neither modern nor new - but simple, tired, old, retread Satanic Serpent lies - from Eden to the tower of Babylon - and on and on - lies that still put the whole world in trouble.

False god religion - is lost sinner-man's flawed, feeble, failing, fatal attempt to get up to a god - some god - any god - except the One and Only true God and Savior Jesus Christ. Jesus is not religion - He is the One true God - coming down from Heaven - to lost men and women - to bring them to Himself - so they can - with Him - Go to Heaven - not Go to Hell..

Paul the Apostle, educated, expert in Bible Law, extremely religious - spoke of his beloved, religious Israelis - like this -

“Being ignorant of God's righteousness, and seeking to establish their own righteousness, they have not submitted themselves to the righteousness of God. For Christ is the end (complete fulfillment) of the Law of righteousness - to everyone who believes” (Romans 10:3,4).

That's the story of every religion on planet earth. Those

“Without Christ - are aliens, strangers from His covenant promises, having no hope, and without God in the world. But now - in Christ Jesus - you who were once afar off are made near by the blood of Christ. For He Himself is our peace” (Ephesians 2:12,13).

Jesus alone brings anyone true - peace with God, peace of God, peace from God - to any heart and life calling on Him.

To have stress rest - we must seek God's righteousness. Many today demand their own “rights.” We hear it often: “I have my rights - I have a right to do, be, have what makes me happy.”

What about God's rights? Without Him none of live or move. What about pleasing Him, living to make Him “happy?”

Many don't often think about what makes God happy. It's not in our fallen human nature - so it is not natural to us to want to please and honor God. But Jesus changes sinners who come to Him - trust in Him. And then He calls all who are His - to begin living to please, honor, obey Him.

Do you and I seek His righteousness? Not always - not enough - not yet. But - thank God! Because - for all truly loving Him - the eternal day will come - when we will all be transformed into His perfect likeness (see Philippians 2:20,21; I John 3:1-3). The we will always forever - do all that pleases and honors Him. O happy day! When we do it now - He removes worry and fear.

Fact Six
“All these things”

Now the Lord tells us the result of seeking first God, His kingdom, His righteousness. It is His great-amazing-grace power-promise to provide *“all these things.”*

Multiplied millions of people on this planet - maybe billions - lose God's best blessings - in the self-will of false worship. It is seen most openly in “third-world” nations. Why are so many people so desperate, in poverty, ignorance, so lacking in truth education, in medicine, in prosperity, even in essentials?

The reason is *spiritual*, friends It's all about knowing God. People miss God's highest, best blessings because they prefer false gods to the true God. They worship idols, creatures, spirits, nature (mother earth), things. They ignore, deny, defy the living, eternal-life-giving Creator Savior-Lord Jesus Christ.

Defying what Jesus says - they do **not** seek the true God, or His Kingdom, or His Righteousness - at all. So, they lose out on His promise to bless and provide for them *“all these things.”*

Loss of His best blessings is due to our own sad, sorry sins and wrongs in daily living - ignoring God. And - they bring on us all - worry and fear.

Fact Seven
“Will be added to you.”

“All these things will be added to you.”

God gives us every good and perfect gift you and I receive. Every heart-beat, life-breath, muscle-movement, good-mind-tho't - from our daily bread to our whole lifespan of years - all we ever get that's good are - God's great-amazing-grace gifts -

from **Jesus** - to **you** and **me** - with **love**. Without Him there is no good, no blessing, to anyone - ever.

Yet, so many, who have so much - some rich and famous - seldom - or never - pause to praise and thank the Lord Jesus Christ for His many blessings. And if they do thank Him, it is often only lip-service, with no real love for Him, no living in His Word and will and way. No wonder they worry and fear.

And, of course, the same is true of millions more all over the world - who are not rich or famous at all - who have little of this world's goods. They too give no thanks to the loving Lord Jesus. They thank and praise and pray to their false gods. And their anxious fears go on too.

But - all who know, trust, love Jesus Christ - the One and Only living, loving Lord God Almighty - all who seek to please, honor, obey, live for Him, His Kingdom, His Righteousness - to them - He makes His own great absolute-power promise: *“All these things will be added to you.”* Jesus said it! That settles it! Believe Him! He will give you - *Best Stress Rest!*

We Worry about the Future

We tend to borrow tomorrow's troubles today, don't we. And we fear for our future. Jesus gives His sure, simple answer: *“Seek God first - His Kingdom, His Righteousness!”*

Matthew 6:34 *“Do not worry about tomorrow. Tomorrow will worry about its own things. Sufficient for the day is its own trouble.”*

Do it daily - *Seek God first - His kingdom, His righteousness!*

Note. Jesus did not say to ignore the future, or neglect our planning and preparing for future years. What He did say is:

“Don't worry about it!” Future and retirement planning is good if you are able to do it. Millions of people all over this poor, sad, mad, bad news planet - people in deep, dark, stark poverty - never have enough money to buy “daily bread” - let alone enough to save for future needs. Yet, to them too, the loving, caring Jesus says, *“Do not worry about tomorrow.”*

Final Facts on Worry and Fear

Matthew 6:24-34 - showed us - three basic anxieties:

- One we worry about food, clothing, shelter
- Two we worry about the body
- Three we worry about tomorrow - the future

Jesus gave us His pure, perfect answer to all three worries -

*“Seek first God - God's Kingdom, God's Righteousness,
And all these things will be added to you!”*

Five More Worries and Fears

In the New Testament there are five more uses of the word for “worry” that Jesus used in Matthew 6 - *“merimnate”* - the term that means: *divided-mind* - translated: *“worry, anxiety, cares.”*

These five further uses of this word show us five other basic worries that trouble us all sometimes. I list them here for your own personal study. I hope you do so, for it will help you understand every type of anxiety, fear, stress. And - as you read them - remember this - to each one - and all - our Lord Jesus Christ - the “Prince of Peace” - gives us the same solution - His All Absolute Answer - here it is again - whatever your worry -

*“Seek first God - God's Kingdom, God's Righteousness
And all these things will be added to you!”*

We have seen three kinds of worry and fear. There are eight.

Four “Worry” about persecution, suffering for Jesus
Matthew 10:16-19 Luke 12:11,12

Answer: *“Seek God first, His kingdom, His righteousness!”*
He will speak - to you - in you - thru you - every time.

Five “Worry” about cares of this life . . . riches
Matthew 13:22 Mark 4:19 Luke 8:14

Answer: *“Seek God first, His kingdom, His righteousness!”*
Seeking God first, living by His Word, brings us inner peace.

Six “Worry” about serving the Lord Jesus Christ
Luke 10:39-42

Answer: *“Seek God first, His kingdom, His righteousness!”*
All who seek, learn to know, trust, love Him best -
serve Him best too. Yes they do. You can too.

Seven “Worry” about marriage, husband, wife, family
I Corinthians 7:32-34

Answer: *“Seek God first, His kingdom, His righteousness!”*
Seek God first - and He will always lead you.

Eight “Worry” in positive caring about others
I Corinthians 12:25,26 II Corinthians 11:28
Philippians 2:20

Answer: *“Seek God first His kingdom, His righteousness!”*
Seek God first - He cares for you - and all you care for too.

Remember always - the Lord Himself answers all anxiety!

*Seek first God, His kingdom, His righteousness,
and all these things will be added to you."*

The poet speaks the heart of God to all who trust in Him:

"Bear not one single care thyself,
One is too much for thee;
The work is Mine, and Mine alone,
Thy work - to trust in Me."

Absolute Answer to Anxiety

What is the bottom-line anxiety answer? Jesus Christ said it all:

*"Come to Me all who labor and are heavy-laden.
I will rest you!
Take My yoke on you and learn of Me,
For I am meek and lowly,
And you will find rest for your souls.
For My yoke is easy and My burden is light."*

When we Come to Jesus - Yoke to Jesus - Learn from Jesus

When we gladly give Him full control of our daily living -
He labors for us - makes, takes our heavy load as His own.

Go to Jesus - today! Every day!
It works every time, all the time we truly do it!
Really!
And - keep on looking upUpUP to Jesus!

Jesus Calls All to Come to Him

*"Amen, Amen, I say to you - he who believes (trusts) in Me
has everlasting life."*

To all who come in faith to the Savior-Lord Jesus Christ -
He says -

*“Behold - I AM with you always - all days.
He who comes to Me I will no way cast out.
I will never leave you nor forsake you.
So that we may boldly say,
The Lord is my Helper - I will not fear!”*

He Calls You Too

Simply say to Him - “Lord Jesus, I trust in You.”

*Don Rhoads
Another Don Book
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