

Week 4: THE POWER OF GOD'S LOVE
DAY 5: FREEDOM FROM FEAR AND ANXIETY

Luke 12:22-34 (ESV)

And he said to his disciples, "Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest? Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith!"

How does the Lord provide for you? This question should be explored with God each and every time we bow our head in prayer. Jesus goes into great detail about God's care and provision for His creation. The smallest acts of mercy are found in Jesus' words regarding birds and flowers. In the days of creation the most intimate finale was the creation of man and woman. We were created in His own image. That is the reality of who we are as image bearers of God Himself.

Anxiety and stress have always plagued humanity, yet the past couple of years have led to a dramatic growth in their affliction. Many of our prayers are rooted in our anxiety over situations and afflictions. We notice in Jesus' words that He does not give us mere comfort in the face of anxiety, but rather He issues a direct command against giving in to it. "Do not be anxious about your life." We don't possess the weapon to defeat anxiety, but He possesses us, and it cannot stand in His presence.

FAMILY TABLE TALK QUESTIONS

1. In what ways does God take care of us every day?
2. How does God's daily provision for us lead us to reject anxiety in larger moments?

PRAYER FOCUS

- Pray the Lord's prayer paying attention to every phrase, and ask God to minister to your heart in each one.
- Pray that God will reveal His powerful love for you so that anxiety will cease.

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