

THE BIBLE VIEW

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Stopping Worrisome Thoughts

Bill Brinkworth

Like so many, Asaph was troubled and pondered his situation as he laid down for sleep. Bedtime, while overwhelmed with concern, is an excellent time to talk to the Lord about your problems. Asaph did just that (Psalm 77:1-3). However, as do most, the more he thought about his predicament, the larger the problem seemed.

After the musician's constant contemplation of his calamity continued, more terrible thoughts added to his dilemma. "Will God no longer help me (Psalm 77:7)? Will His mercy never intervene on my behalf (Psalm 77:8) again? Because of God's anger, will he never again be gracious (Psalm 77:9) to me?"

Rather than letting his worrisome thinking make matters worse, his logic and memory returned, putting the situation back into perspective. Asaph now recalled the years that God had helped in the past (Psalm 77:10-19). He reasoned and was reassured that God would do them again!

People need to pull themselves out of the destructive worry-cycle. Instead of being frightened and overwhelmed by the huge mountain of troubles they may face, they need to look back and remember all that God had done for them in the past. That is what Asaph did, and fear and hopelessness were replaced by faith and hope.

If our walk and relationship with the Lord are the same as it was when God delivered us in the past, He will do it again. Our warranty with the Lord has not run out. He is the same God that helped us face the last mountain of fear in the past. He will see to it that His will for our lives is accomplished!

“Anxiety springs from the desire that things should happen as we wish rather than as God wills.”

— Author Unknown

Hand Them Over to God

Bill Brinkworth

Fear is an emotion that all experience. David wrote about his fearsome feelings often. In Psalm 56, he admitted that he was struggling with many things that made him afraid.

David daily faced enemies (Psalm 56:1-2). Peace must have escaped him as he was often cautious and wary of attacks. Not knowing who or where he would be attacked, physically or mentally, would have most people on edge.

His enemies twisted his words around (“wrest”) — Psalm 56:5. Quite often, I imagine, he had to defend himself from their convoluted remarks and slander, much like those that are currently hurled at President Trump. Much of what the president says is misinterpreted and bent to make him look bad to the public. David seemingly faced a similar battle with his opponents. Having what you have said being constantly misquoted and questioned would also have one on the alert and cautious.

His adversaries regularly watched what he was doing to find something that could be misconstrued as being wrong. He was under the intense scrutiny of many wanting him to fail or to find a weak point where he could be rebuked. In private meetings, his demise was often planned and talked about (Psalm 56:6, 8).

In all that he faced and feared his defense, and many times his offense, was the Lord. He had faced so many troubles and trials that he learned an invaluable lesson. One cannot handle most problems himself. David was determined to let go and let God handle his opposition. When he was afraid, it was the perfect time to trust God — again!

“What time I am afraid, I will trust in thee.” Psalm 56:3

David’s fear subsided when he turned his troubles over for the Lord to handle. That is one thing all should know. We cannot handle most troublesome predicaments. We need help, and that help is, again, just a prayer call away.

“In God have I put my trust: I will not be afraid what man can do unto me.” Psalm 56:11

“Don’t try to hold God’s hand; let Him hold yours. Let Him do the holding, and you the trusting.” — *Webb-Peploe*

When Fear Is Sinful

C. Buck

Being afraid is sinful when:

- It proceeds from unbelief or distrust of God.
- When it ascribes more to a frightening situation than is due.
- When we fear a situation without considering that God is in control.
- When we fear that God cannot be trusted, or He will break His promises.
- When our fear is extreme and that fear distracts us from living a normal life.

Be Not Afraid

Bill Brinkworth

Fear is one of the biggest stumbling blocks most youth and adults face. We are afraid of what could happen, what did happen, or what others may think. We fear for safety, and we fear because of the unknown. Is there something under the bed, or something beyond the next dark corner? Will the bully be there today? Will I say the wrong answer in class and the kids will think me stupid and laugh? Young stomachs are tied in knots because of something

an adult meant figuratively (“I’ll kill him” or “the hurricane will blow us away”). Adult stomachs, eaten by years of worrying, can develop ulcers.

We fear. We fret. All is in vain: *“Which of you by taking thought can add one cubit unto his stature?”* (Mat. 6:27) What good will worry do? It won’t make you taller, or thinner. It never solves situations; it just adds to the problem.

Over 50 times in the Bible we are admonished not to be afraid, including:

When Moses prepared the people for their new life in a new land, he told them of the enemies they would face and not to fear them:

“Thou shalt not be afraid of them: but shalt well remember what the LORD thy God did unto Pharaoh, and unto all Egypt;” Deut. 7:18

Instead of worrying about what could happen, remember how God has helped you in the past and how He will again, if you ask.

God reminded Israel, that when it looked like they were out-matched and out-numbered, He was still with them and could help them.

“When thou goest out to battle against thine enemies, and seest horses, and chariots, and a people more than thou, be not afraid of them: for the LORD thy God is with thee, which brought thee up out of the land of Egypt.” Deut. 20:1

Remember who God is and how no one is a match against Him.

Being out-numbered means nothing to God. Nothing is impossible with God.

“... Thus saith the LORD unto you, Be not afraid nor dismayed by reason of this great multitude; for the battle is not yours, but God's.” II Chron. 20:15

“And Jesus looking upon them saith, With men it is impossible, but not with God: for with God all things are possible.” Mark 10:27

Nehemiah had a seemingly impossible task before him of rebuilding a city. To make matters worse, the government and others tried to stop him from his mission, but he still remembered God was on his side.

“And I looked, and rose up, and said unto the nobles, and to the rulers, and to the rest of the people, Be not ye afraid of them: remember the Lord, which is great and terrible, and fight for your brethren, your sons, and your daughters, your wives, and your houses.” Nehemiah 4:14

David, the great warrior and leader, also had fears. He reminded us not to be:

- Fearful of getting hurt.

“In God have I put my trust: I will not be afraid what man can do unto me.” Psalm 56:11

“And I say unto you my friends, Be not afraid of them that kill the body, and after that have no more that they can do.” Luke 12:4

- Afraid of the night or enemies.
“Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;” Psalm 91:5
- Afraid of what could happen during your sleep.
“When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet.” Proverb 3:24
- Afraid of fear itself or being alone.
“Be not afraid of sudden fear, neither of the desolation of the wicked, when it cometh.” Proverb 3:25

Life has many questionable twists and turns. They can be daunting and frightening at times. However, for a Christian, there is no need to be alarmed or troubled. The Christian is never alone. His heavenly Father looks over him day and night. Not one thing can happen to a believer without the Father’s knowing, and He is able to keep His children safe.

“The powerful hydrochloric acid can burn much of what it touches, including human skin. Put it in a glass bottle, and it will stay there forever without doing any damage.

“Worry can be as destructive to people as that acid, but put it in the right container, and it will do no harm. That right container is our Lord’s hands. Don’t try to handle worry. Give it to God.” — B. B.