

FAITH THAT BANISHES WORRY & ANXIETY

Key scripture: Matthew 6:28-30

Each time our Lord rebuked His disciples for lack of faith or for little faith, it was because they refused to consider and think logically (Matthew 8:23-26; Mark 4:35-40; Matthew 14:28-31; 16:6-11). The cause of worry and anxiety is littleness of faith and the reason for the littleness of faith is the absence of proper consideration or logical thinking. If God has done the seemingly insignificant thing, will He not do the supremely important thing? If God cares for creatures of no value, will He not care for new creatures of eternal value? If God protects and provides for unclean creatures (Matthew 6:26; 10:29-31; Job 38:41; Deuteronomy 14:12,14,19), will He not protect and provide for new clean creatures who are cleansed by the blood of His only begotten Son? Consider the acts of God and think logically on the actions and kindness of God; then, you will have faith in God. Faith will banish fear, worry and anxiety.

Little faith creates anxiety while lively faith conquers anxiety. Little faith breeds worry, lively faith banishes worry. Little faith produces fear, lively faith prevents fear. Little faith makes us panic, lively faith makes us peaceful. Little faith fills us with cares; lively faith fills us with calm. With little faith comes anxiety and vexation of spirit, with lively faith comes assurance and victory in our soul. Lively faith is therefore a must to live a life free of worry and anxiety.

DISCUSSION POINTS

- 1. Why is anxiety and worry a sign of little faith?** *Matthew 6:28,30; Luke 12:28, Deuteronomy 8:3-4, Nehemiah 9:21, Luke 22:35; Matthew 16:7-11, Luke 8:25*
- 2 What does having a lively faith emphasize?** *Matthew 6:30, Luke 12:28-29, Isaiah 44:21; 49:15-16, Luke 12:6,7, Psalms 37:3-6, 84:11,12, Philippians 4:6,19.*
- 3. How do we practically deal with worry and anxiety in our thoughts?** *Phil 4:8-9*
- 4. What have created worry and anxiety for you in the past and how did you overcome it?**