



FAITH MAIL

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Walking on Top of Stress

Bob Marley's classic lyric, "Don't worry about a thing, cos every little thing is gonna be all right", resonates with most people. But the reality is that we worry about many things. Yahshua knew this all too well and gave His followers some good advice: "Don't worry about your life, what you will eat or drink, or about your body, what you will wear"¹. He knows that life's worries can choke out the life He offers us². Yahshua wants us to live above the relentless waves of stress and anxiety, so He makes a big deal about it, asking, "Can any of you, by worrying, add a single hour to your life?"³. The answer? No!

When we allow life's circumstances to engulf us, we open ourselves to waves of anxiety and deprive ourselves of the help Yahshua offers.

Worry is a state of mind. The solution is to take our minds off the circumstances that cause stress to flourish and set them instead on things that bring hope and faith. It's the very thing Paul encouraged the 1st-century believers to do: "Set your minds on things above [where Yahshua is seated], not on earthly things"⁴. Again, "whatever is true, noble, right, pure, lovely, admirable—if anything is excellent or praiseworthy—think about such things"⁵. So, it comes down to what we allow our minds to **'dwell on'**! Our Saviour promises to give us the necessary things of life if we first seek His Kingdom⁶.

The mind is the most restless and unruly part of our makeup. Long after we've learnt the discipline of holding our tongue, our thoughts still rebel against Yahweh's will and cause us to take our eyes off Yahshua. If we're to walk above stress, we must lift the focus of our thoughts from the earthly and place them on Yahshua. How do we achieve this in our daily lives? Pray! In Philippians 4:6-7, Paul recognised that if we're to overcome anxiety, we must offer our earthly circumstances to Yahweh in prayer on every occasion and situation.

When we climb above our circumstances and walk on top of them, we can achieve so much more for the Kingdom and experience Yahweh's unsurpassed peace⁷.

"You will keep *him* in perfect peace,
Whose mind [remains] on You,
Because he trusts in You."
ISAIAH 26:3

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1 Matthew 6:25

2 Luke 8:14

3 Matthew 6:27

4 Colossians 3:2

5 Philippians 4:8

6 Matthew 6:33

7 Philippians 4:7