

3 Promises to Calm Your Anxious Heart

I recently read in a report that more and more of us are wrestling with anxiety. One report said something like 40 million adults in the US are wrestling with anxiety disorders. Who can blame us? News reports of the mess in Afghanistan, hurricanes that hit both Louisiana and New York, earthquakes and tsunamis in Mexico and raging fires in California ... all the while, the pandemic continues. No wonder anxiety is on the rise.

This morning, early while it was still dark outside, I read these words from the psalmist, "He remembered His holy promise" (Ps. 105:42, KJV). That little phrase gave me pause. God has not forgotten His people nor His promises to His people. He is as good as His Word because He is eternally faithful. As I meditated on those words and asked the Lord how to best encourage you, my friends, I felt like the Holy Spirit prompted me to remind you of His promises. In these days of unparalleled anxiety, I would encourage you to memorize these Scriptures and make them a part of your prayer life. I have learned through the years to make God's promises a part of my prayer life. As I pray Scripture, the Holy Spirit calms my anxiety and soothes my soul.

3 Promises to Calm Your Anxiety

Provision: God promises to provide. He provided manna for the children wandering through the wilderness (Ps. 105:40). He provided a path through the sea when they were being chased by the Egyptians (Exod. 14). The apostle Paul wrote, "My God will meet all your needs according to the riches of His glory in Christ Jesus" (Phil. 4:19, NIV).

Let me bring this home to you: The other night, Steve and I

had a talk about finances over dinner. Then we took a long walk by the river near us and spent time praying and praising God that He would provide. The next evening, as we were getting ready for bed, Steve checked his email and realized that someone, an anonymous donor, had given \$10,000 dollars to help meet our needs. We were stunned. As I quietly lay in bed praying myself to sleep, I felt the Holy Spirit say, "See, Becky, I've got you! You are held in the palm of my hand. No need is too big for me. I have provided in the past and I will keep providing in the future. Relax." Ah, the Lord is so tender with me when my stomach is all in knots.

Friend, I don't know what the need is in your life. It might not be financial. But I know this – God promises to provide and you can take Him at His word! Memorize Philippians 4:19 and start using it in your prayer life.

Power: Not only does God promise provision, He promises His power. All that He calls you to do for Him, He will empower you to do. Before Jesus ascended into heaven, He left His followers with this promise: "But you will receive power when the Holy Spirit comes upon you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth" (Acts 1:8, NIV). Now let me explain. It's not power to lord over people or to get your own way. No, it's the divine enabling to do the work that God has called you to do. It might be to raise the child with special needs or to figure out the work project that you can't wrap your head around. It might be the power to write the next book (that's for me by the way) or the enablement to tell your neighbor about Jesus. It might even be the divine enablement to live out your faith while battling cancer or multiple sclerosis. I don't know. However, this I do know: What God calls you to do, He enables you to do! You can trust Him.

Presence: This one is perhaps my favorite. God promises His presence with us in the journey, no matter what we face. He promised, "Never will I leave you, never will I forsake you"

(Heb. 13:5, NIV). Jesus said, “And surely, I am with you always, to the very end of the age” (Matt. 28:20, NIV). None of us know what tomorrow holds, but this we do know – Jesus will be with us in the mess. You can count on it.

Friend, I know the journey with anxiety. Don’t beat yourself up for feeling anxious. Simply view it as an invitation to your knees. Begin praying the promises of God and watch how the Holy Spirit will calm your heart. He’s good and you can trust His provision, His power and His presence to be with you in the journey.

If you are battling anxiety, email me at becky@ and I will pray for you. Also, be sure to get your copy of Psalms for the Anxious Heart! {eoa}

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