

Don't Let Stress, Worry or Anxiety Consume Your Life

Are you feeling weary, wondering if you'll ever be healed or if your troubles will ever end? Don't let stress, worry or anxiety consume your life.

On the seventh day, God was not tired. Creation was finished, and man's first full day on the earth with God was a day of rest. No wonder Jesus said, "Come to Me, all who are weary and heavy-laden, and I will give you rest" (Matt. 11:28, NASB 1995).

"God wants us to rest in Him and be refreshed," says Marilyn Hickey, looking at what God did on the seventh day.

Genesis 3:19 (NIV) tells us, "By the sweat of your brow will you eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return." Part of the curse was sweat and stress. but in John 19:30, when Jesus received the sour wine, He said, "It is finished!" Then he bowed his head and gave up His spirit.

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Jesus came and took the curses. We don't need to carry them. We have His rest.

Remember what is said in Philippians 4:13 about doing all things through Christ who gives you strength. God thinks you can do anything!

Trust God and rest in Him. He never told us to chew our nails or have a nervous breakdown. In Isaiah 11:10, we're told His resting place shall be glorious. We must turn our troubles over to God and rest in Him. His rest is glorious because we

are resting in faith.

The devil is restless, and he wanders around looking who he can attack. When we get restless and uptight, we're getting into the devil's territory. God doesn't want you there! He wants us to be full of miraculous faith. Faith and fear are opposites; they cannot exist in the same place at the same time. The devil wants you restless so you can't focus on faith.

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The Bible tells us in 1 Peter 5:7 to cast all our care on Him because He cares for us. Have you ever awakened in the night and worried? Marilyn says, "You have to be careful of all the worries that go through your mind. That's the moment when you cast all your cares on Him." Don't be restless. Believe God for your miracle.

Marilyn has seen God move in her family, in nations, in the world. She's seen God move in her health and in ways that have amazed her. "Faith is contagious," she says. "Don't be restless, have faith in God, and get anchored in the Word of God."

The devil goes about "like a roaring lion," (1 Pet. 5:8b), but remember—he isn't even a lion, he's a pretender. You have the Word of God that brings you through to victory. Cast your cares to God and take faith. Thank God that you have the opportunity to walk in faith. Remember, the Word says you can do all things through Christ who strengthens you.

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Marilyn Hickey founded Marilyn Hickey Ministries more than 45 years ago with God's vision to cover the earth with the Word.

Marilyn co-hosts a daily television program, "Today with Marilyn & Sarah," reaching a potential viewing audience of over 2 billion households worldwide. Marilyn communicates deep biblical truths in a way that is understandable and practical for everyday life.

Sarah Bowling *is on a mission to connect everyone with the heart of God while loving those who are overlooked, excluded and ignored. Led by Holy Spirit and anchored in the Word, Sarah seeks to inspire all to know the unconditional and transformational love of God in our daily lives. A Bible teacher, author, international speaker and global humanitarian, Sarah also co-hosts a daily television program, "Today with Marilyn & Sarah."*