

How to Overcome Stress, Worry or Anxiety God's Way

Are you feeling weary, wondering if you'll ever be healed or if your troubles will ever end? Don't let stress, worry, and 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 unto me all ye that are weary and heavy laden, and I will give you rest," (Matt. 11:28).

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When Marilyn Hickey looks at what God did on the seventh day, He rested, she knows that, "God wants us to rest in Him and be refreshed."

Genesis 3:19 tells us, By the sweat of your brow will you have food to eat until you return to the ground from which you were made. For you were made from dust, and to dust you will return. So, 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. 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. God 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 have to turn our troubles over to God and rest in Him. His rest is glorious because we are resting in faith.

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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.

The Bible tells us in 1 Peter 5:7 to cast all our care on Him because He cares for you. Have you ever woken 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 move in ways that have amazed her. "Faith is contagious," says Marilyn. "Don't be restless, have faith in God, and get anchored in the Word of God."

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The devil goes about "like a roaring lion," 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.

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 every one 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 a global humanitarian, Sarah also co-hosts a daily television program, Today with Marilyn & Sarah

Isabell Bowling's passion is to help people have a transformative experience with the power of God. She brings a fresh anointing of the presence and fire of God wherever she goes. Her faith and ministry was shaped by observation and prayer, watching the Lord work in and through her grandmother, Marilyn Hickey, and her mom, Sarah Bowling. After graduating from Oral Roberts University in 2023, Isabell joined the Marilyn & Sarah Ministries team where she stepped into a powerful teaching ministry with her family.