

March 12, 2020

Anyone listening to the recent local or national news is routinely informed about the hazards surrounding the coronavirus outbreak. The leadership at Lynden Community Church take the health and safety of our members very seriously and are closely monitoring the guidance and recommendations provided by health professionals. In response to these recommendations the leadership has decided that the formal gathering for worship on Sunday mornings will be suspended for three weeks. We will continue to be in contact with you via phone or email. The current plan is for us to meet on Sunday, April 5. Should this change you will be informed by phone call or email.

The Coronavirus brings out fear, worry and anxiety in many people so over the next few weeks I will be sending out a devotional addressing this issue. Below is the first one. Enjoy!

Day 1:

How To Get Rid of Worry
Read - Matthew 6

Worrying can be an everyday occurrence for some people. Sometimes it becomes such a normal part of life that it's not even noticed. It becomes a piece of who they are. Many anxious people find themselves wishing to be more laid back, and they begin to think, "Okay, today I will not worry as much. Today I'm going to stop myself from worrying." But, the worrying doesn't stop. Instead, it becomes an even bigger mess of worrying about not worrying.

So, just how do we get rid of worry? Beginning in Matthew 6:25, Jesus talks specifically about worry. In fact, Jesus instructs us not to worry at all about anything. Such things even as simple as food and clothes worry us day in and day out. These worries are rooted in our doubt that Jesus will provide for us. Jesus says in verse 33, "But seek first his kingdom and his righteousness, and all these things will be given to you." We must hold on to and trust in the promises of Jesus. He will provide.

The best way to begin not worrying should not begin with us; it begins with Jesus. We must look to Jesus and build a relationship with Him, and as His promises unfold before us, we will see His faithfulness. Then and only by Jesus, our worries will begin to fade.

Reflect:

- What is the one thing you spend most of your time worrying over? How can you begin to give control of that worry to Jesus?
- Do you fully trust God to provide for you? Why or why not?
- Is worrying keeping you from having a better relationship with Jesus? What can you do to worry less and trust God more?