

THE TRUTH ABOUT FEAR , WORRY AND ANXIETY

BY PASTOR GABRIEL CHETTY



In the midst of tension and worry , there is a God and He is listening
to your call

A total quality life never happens by accident . To achieve it you must first have two essential items that will guide you in your quest . One is a plan and the other discipline . A plan for a renewed life and then the hardest part which is to be disciplined in your action plan going forward .

In order for us to understand the topic of reference and to apply these simple principles to our lives . We need to establish what we are dealing with when it comes to fear , worry or anxiety? In this publication I will outline and expose some truths that are relevant to people and the topic . I will also give you some information on how to overcome your daily worries or fears through the Word of God.

Background Check – Worry and Stress , combined together and you get anxiety.

What is Anxiety ?

Anxiety covers a wide range of problems resulting from fears and worries in ones life . Someone has said that the anxious person and the worrier are so preoccupied about what may happen in the future that they forget to cope with the present . Its characteristic of such a person is to worry about anything . They build “mountains out of mole hills ”as insignificant matters assume great importance in their lives .

They are anxious about imagined shortcomings, the future, their health, their families, and their work. They are often unable to pinpoint the reasons for their anxieties and fears .

Many anxious people suffer physical difficulties such as nervousness, sleeplessness ,headaches , difficulty in breathing ,or excessive sweating .Inability to find relief from the anxiety can lead to more serious consequences , such a “nervous breakdown.

WHAT DOES JESUS HAVE TO SAY CONCERNING WORRY AND STRESS ?

(NKJ) Matthew 6 : 25 – 34 - Therefore I say to you , do not worry about life , what you will eat or what you will drink;

The crux of it all is that in this time and season everybody seems to be running a rat race . There is more pressures , more commitments , more worries and the reality is that no one can generate a formula for a worry or trouble free life that can work and answer the need of this going concern . Medical Studies have shown that many of the pre-mature deaths that happen today in society are caused by stress and worry.

That is why when we are going through these life processes we come back to the Word of God and we take in the purity of Gods Word which has the simple remedies to resolve any of life's issues especially the topics at hand .

In this teaching of our beautiful Lord Jesus Christ , we find the hidden treasure in the Word of God that is able to restore and lead a child of God or any person that would receive Jesus into their heart ,back unto the path of righteous .

Jesus also brings clarity and a reality to a life that should be lived by a believer . He is directing the reader to understand that there is a higher calling and a divine plan of life for every person that will take hearing to His **""Words of Life"**. He is also fore filling the great mission and mandate of His calling . This simply is to restore men and woman back to God Almighty ,through and everlasting relationship.

Picture of the scripture or something relawing to the accident

Jesus is speaking to us about the simplicity of life . Taking into account and making reference to the birds of the air and the lilies of the field . How beautiful are the Words of Jesus Christ . The birds don't stress about anything , they don't worry about where they are going to stay or how what they are going to eat . They are totally confident and dependent on their Creator. We also should find rest and peace in our Creator . Our life's are much more valuable to Him and so much more precious than compared to the birds of the air.

We need to come into an understanding and agreement that God has only the best intentions and the best plans for our lives . God says in His word , "that He has plans to prosper you and not to harm you , plans for a good future . We can't afford to have any thought in our minds , that not in the mind of God for us . So if God has good thoughts for us always , we need to think and remember this in our life's when we start to worry or stress. God is not out to harm us but to protect us and bless us .

Sometimes we misalign ourselves to his plan and pursue our own dreams . This plan of action can be very painful and hurting for a person. This results in fear , worry and stress coming into our life's. The end result leads to a bondage that becomes a stumbling block for the person concerned . So you always find there is no progression in that person's life , its like going 5 steps forward and 10 steps back . It's a painful process but God has the remedy to overcome this situation.

Jesus is calling **ALL** who are heavy and burdened to come to Him and He will give them rest .(Scripture)

The problem with the world today , is that they refuse to believe in the plan that God has for them and that is the plan of prosperity and peace .The other greatest lack is that people don't know the truths and treasure that is stored up in the **Word of God** for them . The Holy Bible has the answer to any problem a person maybe going through . The Word of God is life unto **ALL** who will believe . God looks and stands at His Word to be performed . It must bring a transformation to the one who will listen or take hearing to its instruction . That's the power it has !

If you are experiencing stress, worry or anxiety it is never too late to overcome your situation.

Two years back , after being unemployed for 9 months . I started experiencing anxiety , fear and worry of not being able to see to my daily and family needs . It was becoming a worry , although God supernatural was seeing to my daily needs through His Grace , I allowed my mind to run wild . The result of this was that the devil crept into my mind with deception and took advantage of the situation .

The resulted in me slipping into depression and I was suffering with anxiety . The sad part is that you don't know ,you are slipping into this conditions . This conditions was someone new to me . Strangely ,even a doctors blood test cannot prove when you have , anxiety or worry . It was very scary. Through the support of my family , my church and my Pastor . Their prayers , encouragement and support got me back on the right path with God again. I had to shake of the devil and this demonic spirit of anxiety . The reality is that this topic of reference can happen to anyone . It doesn't matter , how great or how strong you may think you are ? If you allow stress and worry to get the better of you , anxiety will surely creep in thereafter .

The strange reality of worry , stress or anxiety is that there is no blood test that can be performed by a doctor to tell you the symptoms or to medically diagnose you with this condition .It is something that is demonic and it is a lie from the pit of hell. Doctors can assume this condition and can only prescription anti-depressents . That is not the right path at all .

Jesus in verse 30 , brings a reality to every single human being , no matter the title , race or gender . These simple words push us forward or back in the direction of the Gods love for us . The love of God cannot be compared to an earthly love , that gives and asks for something in return. Gods , Agape , kind of love , gives and asks absolutely nothing in return . Its and unselfish love . It is the purity of the Father's heart to bless each and everyone of His children with the BEST .

Jesus is also ending this beautiful portion of scripture by showing us the way and the truth to a worry and stress free life . We may experience some challenges and hurdles in life but we can rest assure , if we seek Gods Kingdom with all our hearts (That means living a life after God with all purity of heart) The blessings and the peace of God which surpasses all human understand will be yours eternally . That means you choose to love God and trust Him with all your heart .

Then , its simple , you will have no reason to stress or have worry in your life . God will take care of everything concerning your life. You can rest in the arms of God , knowing that he will take care of you , every step of the way , going forward. Amen ! Get excited because its going to be a good one .

I want to look at four areas of your life that the enemy will try to attack you and stress out about . In these areas of our life's we need to make a change in order to experience Gods provision in our lives.

Mind : Thoughts become attitudes. Attitudes become actions. Actions become habits. Therefore, the key to controlling your life is to control your mind .

Renew your mind with positive things . Have a detox of your mind. Take out all the garbage from your mind and fill it up with the Word of God . A mental detoxification means diet means at least three days of replacing all TV, internet or social media with healthy activities like being alone with God, reading your bible , talking with friends, praying or spending time outdoors. The result of this detox will bring clarity about how your thinking and behaviour going forward . It will also bring a heap of newness into your life going forward .

Body : Diet , rest and exercise form the iron triangle of good health. Neglect any one of these, and you can never enjoy a quality life.

Like a marathon runner who prepares for nine months to reach her goal, so those who determine to pursue a quality life need a healthy , well-disciplined body to reach their goal of a quality lifestyle. Eat healthy food , have good rest , feed your spiritual man . Reduce stress and exercise regularly and this will help with living healthy lifestyle .

Resources (Finances) : You can have it all - if you are willing to give it all away. Financial freedom may seem out of your realm of realistic possibilities , bit it is crucial to your pursuit of a quality life.

Live within your financial needs . Be generous , abundance tends to flow by to those who giver generously .As you learn to give to God with delight , you will find rest and peace within your spirit.

Spirit : You are integrated person , a whole human being . Therefore , to experience the quality life you must feed your spirit as well as your body and mind. In your pursuit for a quality life you cannot afford to neglect your spiritual life . You may take care of your body and give generously , but if you neglect your heart -your spiritual life – you wont experience true quality of life . There will always be an emptiness .

Scriptures to Help you overcome Fear and Worry or Anxiety :

I sought the Lord , and He heard me , and delivered me from all my fears . Psalm 34:4

Why are you downcast , O my Soul ? Who so disturbed within me? Put your hope in God , for I will yet praise him, my Savior and my God “ Psalm 42:5

But Seek the Kingdom of God first and His righteousness , and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself”. Matthew 6:34

Do not anxious about anything, but in everything , by prayer and petition ,with thanksgiving ,present your requests to God .And the peace of God , with transcends all understanding, will guard your hearts and your minds in Christ Jesus (Philippians 4 :6-7)

“Casting all your care upon Him, for He cares for you”(1 Peter 5:7)

Other suggested Scriptures”:

Psalm 55:22

Proverbs 3:5-6

Romans 8:28

Philippians 4:13

Philippians 4:19

Matthew 11 : 28 – 29

Things to do to help overcome Stress and Worry in your daily life !

- ✓ Exercise
- ✓ Read the Word of God (The Holy Bible)
- ✓ Hang around positive people.
- ✓ Don't isolate yourself from family and friends .
- ✓ Link up with people that can pray for you.
- ✓ Cover your mind under the blood of Jesus
- ✓ Renew your mind with the things of God
- ✓ Pray and meditate on Gods Word

About the writer



Pastor Gabriel Chetty is the Principal and senior lecturer of Teamwork Bible College in Pietermaritzburg. He serves as the senior Pastor of Lords House Ministries in Pietermaritzburg. He is also a qualified Paralegal and runs his own legal firm. Ex night club bouncer and drug dealer. He had a Damascus experience with the Lord, when he saw a light from heaven. The result was that his life was radically transformed immediately through the power of the Holy Spirit. Gabriel is married to Tracey and has 3 beautiful kids Gabby, Makayla and Gideon, along with many other spiritual sons and daughters.

Prayer to Overcome : Say this prayer with boldness and authority over your life

Heavenly Father I come to you in the Name of Jesus, I declare every negative thought or negative seed sown over my mind is cancelled, NOW, in the Name Of Jesus. I declare that I have the Mind Of Christ. Every crack or seal that has been opened to the enemy concerning my mind and life, I seal now with your precious blood of Jesus. I declare no weapon formed against me shall prosper. I declare I have a sound mind, a mind of peace and joy. I declare in the Name of Jesus, I am free of all stress and worry over my mind, NOW, in Jesus name. I ask Lord Jesus, NOW, for your PEACE to come into my life and change my life forever in Jesus Precious Name, Amen!

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The Vision and Mandate of our House :

Matthew 28 : 19-20 Therefore go and make disciples of all nations, baptizing them in the name of Father, Son and Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.