

## ANXIETY AND FEAR DISPOSAL (7)

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The King of Aram had the prophet Elisha surrounded. It seems almost strange that he had sent out such a large posse to capture one man. Elisha was not at all perturbed. However, his servant was not as confident. I do not blame the servant. In fact, I can identify with him. Elisha prayed that his eyes might be opened.

-Why did he make that prayer?

-If your eyes were open, what do you think you would see? The servant saw the hills full of horses and chariots of fire all around Elisha.

### I. PSALM 46

This Psalm divides into three stanzas, each one ending with “Selah.”

*“God is our refuge and strength, an ever present help in trouble. Therefore we will not fear, though the earth gives way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.” SELAH*

-What do you think the Psalmist means when he calls God an Ever-Present help?

*“There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in an uproar, kingdoms fall; he lifts his voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress.” SELAH*

-Even though there is chaos around the Psalmist, where does he fix his attention? What lesson do you take away from this?

*“Come and see the works of the Lord, the desolations He has brought on the earth. He makes wars cease to the end of the earth; He breaks the bow and shatters the spear, He burns the shields with fire. ‘Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.’ The Lord Almighty is with us; the God of Jacob is our fortress.” SELAH*

-There is a day coming when everything will be made right. How is that a reason for joy and hope?

You may notice a familiar voice in God's command to "be still." Mark 4:35-41.

-How does Psalm 46 and God's fulfillment in Jesus encourage you and your confidence in God and give you hope?

## II. TODAY

Focusing on "today" is such a deceptively simple truth. Since today is filled with trouble, today must start with prayer (See Psalm 46). You know the Lord hears you and you know the Lord is in control. Here is a way to picture prayer. You come into the presence of the King with humility. He is not receiving something great from us. He is receiving our trouble. You lay the burden down, fully expecting that His servants will come to deal with them. However, the King actually comes close to you and picks up the burdens Himself.

In I Peter 5:6, 7 we are told to "humble ourselves" and to "cast our cares on God."

A. What is the connection between humility and prayer?

B. As God's servant, what job has He given you? (Work and love)

C. Why do you think God did not give us the job of worry?

D. When anxiety does strike, what can you do today that will help tomorrow? (Work and love)

Simple yet profound. WHEN YOU HAVE HOPE FOR TOMORROW, YOU CAN FOCUS WHOLEHEARTEDLY ON TODAY.