

When I'm anxious, remember...

- Be careful or your hearts will be weighed down with...the anxieties of life. *Luke 21:34*
- Therefore I tell you, do not worry about your life... *Matt. 6:25-34*

*v. 25 "do not worry" ...worry is a sign of faithlessness and not worrying is a command;
v.26 "are you not much more valuable than they?"...we are chosen, undeserving recipients of God's grace;*

v. 32" ...your heavenly Father knows..."...He does know; focus on all of the times God intervenes without us having asked Him; also consider Ps. 31:19 that His goodness is stored up for us.

v. 33 "seek first the kingdom of God and his righteousness and all these things shall be given to you as well."...we don't have to be concerned about earthly cares. Do I believe my highest good is seeking God and His purposes?

-Janis Shenk 2/11/95

-Do not be anxious for anything, but in everything by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus...*Phil. 4:4-9*

v. 4 "rejoice in the Lord always" ...in the Lord we find rivers of joy and His companionship;

v.5 "Let your gentleness be evident to all (because) the Lord is near."...gentleness can be defined as "bigheartedness, forbearance, yieldedness, kindness, mildness, generosity, charitableness, not be unduly rigorous, and being satisfied with less than one is due";

v.6"Do not be anxious about anything..."...not one thing; there is no thing that is too big for God;

V. 6"but in everything, by prayer and petition, with thanksgiving, present your requests to God."...prayer is the cure for anxiety; repent of unbelief that God is in control; be specific; be thankful; roll all the anxious thoughts over to the Lord and spend lengths of time pouring our hearts out to the Lord.

Janis Shenk 2/11/95

- Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things. *Phil 4:8-9*
- Cast all your anxiety on him because he cares for you. *1Peter 5:7*
- Set your minds on things above, not on earthly things. *Colossians 3:2*

- You will keep in perfect peace him whose mind is stayed on you, because he trusts in you. *Isaiah 26:3*
- For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit, because anyone who serves Christ in this way is pleasing to God and approved by men. *Romans 14:17-18*
- *Psalm 94:19*: When the cares of my heart are many, your consolations cheer my soul.
“Consolation is the dropping of a gentle dew from heaven on desert hearts beneath; it is one of the choicest gifts of divine mercy.” –Charles Spurgeon
- *Nahum 1:7*: The Lord is good, a refuge in times of trouble. He cares for those who trust in him.
- *Isaiah 40:28-29*: Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak.
- *Isaiah 41:10*: Do not fear, for I am with you; do not be dismayed for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
- *2 Corinthians 12:9*: My grace is sufficient for you, for my power is made perfect in weakness.
- *Matthew 6:34*: Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. [Also see *Matthew 6:25-34*.]
- *Proverbs 3:5-6* Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.
- *Psalm 139:1-3*: O Lord, you have searched me and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with my ways.
- *Isaiah 26:3-4*: You will keep in perfect peace him whose mind is steadfast, because he trusts in you. Trust in the Lord forever, for the Lord, the Lord, is the Rock eternal.

- *Philippians 4:6-7*: Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.
- *Psalms 131: 1-2*: My heart is not proud, O Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me.
- *Is. 25:1*: O Lord, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done marvelous things, things planned long ago.
- *Is. 58:11*: The Lord will guide you always; he will satisfy your needs in a sun scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.

We are meddling with God's business when we let all manner of imaginings loose, predicting disaster, contemplating possibilities instead of following, one day at a time, God's plain and simple pathway. When we try to meet difficulties prematurely we have neither the light nor the strength for them yet.

-Elisabeth Elliot

Our future may look fearfully intimidating, yet we can look up to the Engineer of the Universe, confident that nothing escapes His attention or slips out of the control of those strong hands.

-Elisabeth Elliot

I rejoice to think that all things are at thy disposal, and it delights me to leave them there.

Valley of Vision, p. 4

Some people assume worry is the result of too much thinking. Actually it's the result of too little thinking in the right direction. If you know who God is and understand His purposes, promises, and plans, it will help you not to worry.

John MacArthur, Jr.

"Our daily dangers are enough to provoke anxieties, but the Lord's eternal preservation puts those anxieties to rest."

-C.H. Spurgeon in Beside Still Waters p. 44

*Let me not be at my own disposal,
But rejoice that I am under the care of one
Who is too wise to err
Too kind to injure,
Too tender to crush.*

(p. 24)

*Grant that I may distrust myself,
to see my all in thee.*

Valley of Vision (p. 26)

Quotes from Corrie ten Boom
in Clippings From My Notebook

“Never be afraid to trust an unknown future to a known God.”

“Obedience is doing no less than we are asked.
Trust is doing no more than we are asked.”

“Surrender to the Lord is not a tremendous sacrifice, not an agonizing performance; it is
the most sensible thing to do.”

“Peter said, “No, Lord!” But he had to learn that one cannot say no while saying Lord,
and that one cannot say Lord while saying no.”

“Don’t bother to give God instructions; just report for duty.”

“God has a telescopic and a microscopic interest in us:
The whole world is in His hands; the hairs of our head are numbered.”

“Little is much if God is in it;
man’s busiest day is not worth God’s minute.”

“God writes with a pen that never blots,
speaks with a tongue that never slips,
and acts with a hand that never fails.”

"Is anything too hard for the Lord?" Genesis 18:14

"I know that You can do all things; no plan of Yours can be thwarted!" Job 42:2

Everything which threatens to give us anxiety—is to be taken at once to God. Nothing is too great to carry to Him. Does not He bear up all worlds? Does not He rule over all the affairs of the universe? Is there any matter in our life, however great it may seem to *us*—too hard for *Him* to manage? Is any perplexity too difficult for Him to resolve? Is any human despair too dark for Him to illumine with hope? Is there any tangle or confusion out of which He cannot extricate us?

Nothing is too small to carry to Him. Is He not our Father, and is He not sincerely interested in whatever concerns us? There is not one of the countless things which fly like specks of dust all through our daily life, tending to vex and fret us—that we may not take to God.

The Scriptures prescribe a *cure for anxious care*. The divine philosophy for peaceful living says: "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus!" Philippians 4:6-7

Refer every disturbing thing to Him—that He may bear the burden of it. "Cast your burden on the Lord, and He will support you!" Psalms 55:22. "Casting all your care upon Him; for He cares for you!" 1 Peter 5:7

(J.R. Miller, "Counsel and Help" 1907)

Sovereign, supreme disposal

"And God placed all things under His feet and appointed Him to be head over everything," *Ephesians 1:22*

How vast, how numerous, how complicated are the various events and circumstances which attend the Christian here below, as he travels onward to his heavenly home!

But if all things are put under Jesus' feet, there cannot be a single circumstance over which He has not supreme control. Everything in *providence* and everything in *grace* are alike subject to His disposal. There is not . . .

a trial,
a temptation,
an affliction of body or soul,
a loss,
a cross,
a painful bereavement,
a vexation,
a grief,
a disappointment,
a case, state or condition,
which is not put under Jesus' feet.

He has sovereign, supreme disposal over all events and circumstances. As possessed of infinite *knowledge* He sees them; as possessed of infinite *wisdom* He can manage them; and as possessed of infinite *power* He can dispose and direct them for our good and His own glory.

How much trouble and anxiety would we save ourselves, could we firmly believe, realize, and act on this!

If we could see by the *eye of faith* that . . .

every foe and every fear,
every difficulty and perplexity,
every trying or painful circumstance,
every looked for or unlooked for event,
every source of care, whether at present or in prospect—are all at His sovereign disposal.

What a load of anxiety and care would be often taken off our shoulders!

-J. C. Philpot, "Daily Portions"

Anxiety does not empty tomorrow of its sorrow, but only empties today of its strength.
-Charles Spurgeon

Fear is an inverse want. What do I want? Perfection? Omniscience?

What may be tomorrow's cross I never seek to find. My father says, "Leave that to me, and keep a quiet mind." {Anonymous}
p. 37 Elisabeth Elliot, Secure in the Everlasting Arms

Regarding casting our cares on the Lord...
The burden is being now cast upon one who is better able to bare it.
-Jerry Bridges

If you are in personal danger, or in the midst of a storm, or facing illness, and if you hear a voice saying, "Surely the Lord is in this place," you will be perfectly at rest. The anxious air grows pure if He is there.
-C.H. Spurgeon, Beside Still Waters, p. 4

Instructed by affliction, you will be a comforter to the afflicted.
-C.H. Spurgeon, Beside Still Waters, p. 6
[Am I being instructed by affliction or do I grumble and complain?]

There is no need to fear the future, God is already there, and God's promise for us is, "They still bring forth fruit in old age (Ps. 92:14 RSV). The best fruit will be what is produced by the best-pruned branch.
Elisabeth Elliot, p. 23 Be Still My Soul

Ponder on the truths of Psalm 77:

- remember the deeds of the Lord, His wonders of old (v.11);
- ponder on all His work (v.12);
- meditate on His might deeds (v. 12);
- remember the truth of God's character-He works wonders (v.14), He has made known His might (v. 14), and He has led His people like a flock (v.20)

Do not be afraid

How wonderful is Christ's administration in His kingdom of grace! He is present with all His creatures--but in a special manner with *His own people*--each of whom are monuments of His saving power. For He finds them all in a state of rebellion and enmity--and makes them His willing people! From the moment that He reveals His love to them--He espouses their cause, and takes all their concerns into His own hands. He is near and attentive to every one of them--*as if there were only that one!*

This high and lofty One, who inhabits eternity, before whom the angels veil their faces--condescends to hold communion with those whom men despise. He passes by the kings and the princes--to manifest Himself to *a humble soul in a mud-walled cottage!* He . . .
comforts them when in trouble,
strengthens them when weak,
makes their beds in sickness,
revives them when fainting, and
upholds them when falling!

He so wisely and effectually manages for them, that, though they are persecuted and tempted, though their enemies are many and mighty--nothing is able to separate them from His love!

We shall find Him, in all situations--to be our sun, shield, and exceeding great reward! He says to all of His children, "Do not be afraid, for I have ransomed you! I have called you by name--you are Mine! When you go through deep waters and great trouble--I will be with you. When you go through rivers of difficulty--you will not drown! When you walk through the fire of oppression--you will not be burned up; the flames will not consume you. For I am the Lord, your God, the Holy One of Israel, your Savior!" Isaiah 43:1-3.

-from Letters of John Newton

Our Father is taking care of us!

"Cast all your cares upon Him, because He cares about you!" 1 Peter 5:7

If this world were governed by chance—no amount either of philosophy or of common sense could keep us from worrying; but we know that our Father is taking care of us! No little child in the best and most caring home, was ever carried so *carefully* or so *safely* in the love and thought and care of earthly parents—as is the least of God's little ones in the heavenly Father's heart! "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them!" Matthew 6:31-32. The things we cannot help or change are in His hand, and belong to the "all things" which, we are assured, "work together for good, to those who love God."

In the midst of all the great rush of events and circumstances, in which we can see no order and no design—we well know that each believer in Christ, is *as safe as any little child in the arms of the most loving mother!*

Amid all life's trials and disappointments—our faith rests upon the character and the infinite goodness of God! We should have the faith of a little child—in a Father whose name is "Love" and whose power extends to every part of His universe! Here we find solid rock upon which to stand, and good reason for our lesson that we should never worry. Our Father is taking care of us!

In a world like ours, there are many things which incline us to worry. There are *disappointments* which leave the hands empty after days and years of hope and toil. There are resistless *thwartings* of fondly cherished plans and purposes. There are *bereavements* which seem to sweep away every earthly joy. There are *perplexities* through which no human wisdom can lead the feet. There are experiences in every life—whose natural effect is to disquiet the spirit and produce deep and painful anxiety.

If we are never to worry, what are we to do with these things which naturally tend to cause us worry? The answer is easy—we are to put all these disturbing and distracting things—into the hands of our Father!

"Cast all your cares upon Him, because He cares about you!" 1 Peter 5:7. God is taking care of you—not overlooking the smallest thing, and you have but to cast all your cares and anxiety upon Him—and then be at peace. It is trying to carry our own cares, which produces worry! Our duty is to cast them all upon Christ! This is the secret of heart-peace in the time of distress, from whatever cause.

-J. R. Miller, "Don't Worry!" 1912

To such comes the Master's voice: "Fear none of those things which thou shalt suffer": You are right to be glad in His April days while he gives them. Every stage of the heavenly growth in us is lovely to Him; He is the God of the daisies and the lambs and the merry child hearts! It *may* be that no such path of loss lies before you; there are people like the lands where spring and summer weave the year between them, and the autumn processes are hardly noticed as they come and go. The one thing is to keep obedient in spirit, then you will be ready to let the flower-time pass if He bids you, when the sun of His love has worked some more ripening. You will feel by then that to try to keep the withering blossoms would be to cramp and ruin your soul. It is loss to keep when God says 'give'.

-Lilias Trotter(1853-1928), from The Parables of the Cross

To be to Jesus all for which He has called us--letting Him have His way utterly with us, possessed by Him, taken up with Him--that is the first purpose for our souls. But the Father's plan for us reaches wider than that, though it can reach no deeper. "The first Adam was made a living soul; the last Adam was made a quickening Spirit." His ultimate aim is to set free for His own use that which He has wrought in us in secret, and to give us the power of *communicating* that Divine life of which we have been made partakers. We are to be "good stewards of the manifold grace of God," entrusted with "the true riches" to minister for Him--His for His spending.

"Opportunity" is given to every seed in its turn, as they lie in their layers in the capsule, or side by side in the pod. Not one forces its way forward, or gets in the way of another. Look at the exquisite fitting in any seed-vessel that you pull to pieces: the seeds are as close as they will go, but fenced off from crowding on each other and hindering each other's growth. **He who packed them can be trusted, surely, with the arranging of our lives, that nothing may jostle in them, and nothing be wasted, for we are "of more value" to Him than these.**

Lilias Trotter(1853-1928), from The Parables of the Christ-life

A portion for each day

"Jehoiachin changed his prison clothes--and he dined regularly in the presence of the king of Babylon for the rest of his life. As for his allowance, a regular allowance was given to him by the king, **a portion for each day**, for the rest of his life." 2 Kings 25:29-30

Jehoiachin was not sent away from the king's palace with a '*supply*' to last him for months--but his provision was given him as a *daily pension*. Herein he well pictures the happy position of all the Lord's people. A *daily portion* is all that a man really needs. We do not need tomorrow's portion; for that day has not yet dawned, and its needs are as yet unborn. The thirst which we may suffer in the month of June--does not need to be quenched in February, for we do not feel it yet. If we have *enough for each day* as the days arrive--we shall never know want. Sufficient for the day--is all that we can enjoy.

We cannot *eat* or *wear* more than the day's supply of food and clothing. Any *surplus* gives us the care of storing it, and the anxiety of watching against a thief. One staff aids a traveler--but a bundle of staffs is a heavy burden. *Enough* is not only as good as a *feast*--but is all that the greatest glutton can truly enjoy. *Enough* is all that we should expect--a craving for more than this, is ungrateful. When our Father does not give us more--we should be content with *His daily allowance*.

Jehoiachin's case is ours--we have . . .

a *sure* portion;
a portion given to us by the *King*;
a *gracious* portion;
and a *perpetual* portion.

Here is surely ground for thankfulness.

Beloved Christian reader, in matters of *grace*--you need a *daily supply*. You have no *store of grace*. *Day by day* must you seek help from above. It is a very sweet assurance--that a *daily portion* is provided for you. In the Word, by meditation, in prayer, and waiting upon God--you shall receive renewed grace and strength. In Jesus, all needful things are laid up for you. Never go hungry--while the *daily bread of grace* is on the *table of mercy*! Enjoy your continual allowance!

"Give us each day--our daily bread." Luke 11:3

"As your days--so shall your strength be." Deuteronomy 33:25

-Charles Spurgeon

HE cares for ME!

"Casting all your care upon Him--for He cares for you!" 1 Peter 5:7

It is a *happy way of soothing sorrow*, when we can feel--"**HE cares for ME!**" Christian! Do not dishonor God, by always wearing a *brow of worry!* Come--cast your burden upon your God! You are staggering beneath a weight--which your *Father* would not feel. What seems like a *crushing burden* to you--would be but as *small dust* to Him. Nothing is so sweet as to,

"Lie passive in God's hands,
And know no will, but His."

O child of suffering--be patient! God has not overlooked you in His providence. He who is the feeder of *sparrows*--will also furnish *you* with what you need. Do not sit down in despair.

There is One who cares for you!

His *all-seeing eye* is fixed on you!

His *all-loving heart* beats with pity for your woe!

His *omnipotent hand* shall yet bring you the needed help!

The darkest *cloud*--shall scatter itself in *showers of mercy*.

The blackest gloom--shall give place to the morning light.

If you are one of His family--He will bind up your wounds, and heal your broken heart. Do not doubt His grace, because of your troubles--but believe that He loves you as much in seasons of *distress*--as in times of *happiness*. What a serene and quiet life might you lead--if you would leave *providing*--to the God of providence!

If *God* cares for you--why need *you* care also? Can you trust Him for your *soul*--and not for your *body*? He has never refused to *bear* your burdens--He has never *fainted* under their weight. Come, then, soul! *Be done with fretful worry*--and leave all your concerns in the hand of your gracious God!

-Charles Spurgeon

We need *You* to bring us to You!

"When my heart is overwhelmed--lead me to the Rock that is higher than I!" Psalm 61:2

Most of us know what it is to be *overwhelmed in heart*--sinking like a vessel deluged by the storm!

Discoveries of inward corruption will do this--if the Lord permits the great deep of our depraved heart to become troubled, and cast up its mire and dirt.

Disappointments and heartbreaks will do this--when billow after billow rolls over us, and we are like a *broken shell* hurled to and fro by the raging surf!

Blessed be God, at such seasons we are not without *an all-sufficient solace*--our God is the harbor of weather-beaten souls, the hospice of forlorn pilgrims! His *mercy* is higher than our sins! His *love* is higher than we could imagine!

It is pitiful to see unsaved men putting their trust in something lower than themselves; but our confidence is fixed upon the exceeding high and glorious Lord.

A *Rock* He is--since He changes not. And He is a *high* Rock--because the tempests which overwhelm us--roll far beneath at His feet! He is not disturbed by them--but rules them at His will. If we get under the shelter of this lofty Rock--we may defy the hurricane! All is peaceful under the shelter of that towering cliff!

Alas! Such is the confusion in which the troubled mind is often cast, that we need piloting to this divine shelter. Hence the prayer of the text, "When my heart is overwhelmed--lead me to the Rock that is higher than I! O Lord, our God, by Your Holy Spirit--teach us the way of faith, and lead us into Your rest. The wind blows us out to sea--and our puny hand cannot steer the helm! You, You alone can steer us over the wide ocean between yon sunken rocks--and safe into the fair haven. How dependent we are upon You! We need *You* to bring us to You! To be wisely directed and steered into safety and peace is Your gift, and Yours alone!"

-Charles Spurgeon

We may throw the dice!

"We may throw the dice--but the Lord determines how they fall." Proverbs 16:33

If the fall of the dice is under the Lord's control--then whose is the arrangement of our whole life? If the simple casting of the dice is guided by Him--how much more the events of our entire life--especially when we are told by our blessed Savior, "The very hairs of your head are all numbered! Not a sparrow falls to the ground without your Father!" It would bring a *holy calm* over your mind, dear friend, if you were always to remember this. It would so relieve your mind from worry--that you would be the better able to walk in patience, calmness, and cheerfulness, as a Christian should.

When a man is anxious--he cannot pray with faith, or serve his Master. When you worry and fret about your lot and circumstances, you are *meddling with Christ's business*, and neglecting your own! You have been attempting "providing" work--and forgetting that it is yours to "obey". Be wise and attend to the *obeying*--and let Christ manage the *providing*.

Come and survey your Father's storehouse, and ask whether He will let you starve--while He has laid up so great an abundance in His garner! Look at His *heart of mercy*--and ask if that heart can ever prove unkind! Look at His *inscrutable wisdom*--and ask if that wisdom can ever be at fault. Above all, look to Jesus Christ your Intercessor, and ask yourself, while He pleads, can your Father deal ungraciously with you? If He remembers even sparrows, *will He forget one of His poor children?*

"Cast your burden upon the Lord--and He will take care of you. He will not permit the godly to slip and fall." Psalm 55:22

-Charles Spurgeon

I compare the troubles which we have to undergo in the course of the year--to a *great bundle of sticks*, far too large for us to lift. But God does not require us to carry the whole bundle at once. He mercifully unties the bundle, and gives us first one stick, which we are to carry today; and then another, which we are to carry tomorrow, and so forth.

We can easily manage our troubles, if we would only carry the trouble appointed for each day. But the load will be too heavy for us--if we carry yesterday's burden over again today, and then add the burden of tomorrow to the weight, before we are required to bear it.

-*Letters of John Newton*

The next hour, the next moment, is as much beyond our grasp and as much in God's care, as that a hundred years away. Care for the next minute is just as foolish as care for the morrow, or for a day in the next thousand years—in neither can we do anything, in both God is doing everything. Those claims only of the morrow which have to be prepared today are of the duty of today: the moment which coincides with the work to be done, is the moment to be minded; the next is nowhere till God has made it.

The care that is filling your mind at this moment, or but waiting till you lay the book aside to leap upon you—that need which is no need, is a demon sucking at the spring of your life. “No, mine is a reasonable care—an unavoidable care, indeed.” Is it something you have to do this very moment? “No.” Then you are allowing it to usurp the place of something that is required of you this moment. “There is nothing required of me at this moment.” Nay but there is—the greatest thing that can be required of man. “Pray, what is it?” Trust in the living God.... “I do trust Him in spiritual matters.” Everything is an affair of the spirit.

from George MacDonald: An Anthology by C.S. Lewis

"I will rain down *bread from heaven* for you. The people are to go out *each day* and gather *enough for that day*." Exodus 16:4

They were not to lay up in store--but were taught to *live simply by the day*. When night came, they did not have a supply of food left over for the next day--but were entirely dependent upon God's new supply to come in the morning.

In this method of providing, God was teaching all future generations a lesson. When the Master gave the disciples the Lord's Prayer, He put this same thought of life into it, for He taught us to say: "Give us *this day*--our *daily* bread."

This is a most valuable lesson for every Christian to learn. We should make a *little fence of trust around each day*, and never allow any past or future care or anxiety to break in. God does not provide *in advance* for our needs. We cannot get *grace* today--for tomorrow's duties; and if we try to bear tomorrow's cares and burdens today--we shall break down in the attempt.

TIME comes to us, not in *years*, not even in *weeks*--but in *little days*. We have nothing to do with 'life in the aggregate' --that great bulk of duties, anxieties, struggles, trials and needs, which belong to a *year* or even to a *month*. We really have nothing to do even with *tomorrow*.

Our sole business is with *the one little day now passing* and the one day's *burdens* will never crush us; we can easily carry them until the sun goes down. We can always get along for one short day--and that is really, all we ever have.

-J.R. Miller, "Devotional Hours with the Bible" 1908

"The eternal God is your refuge, and underneath are the everlasting arms!"
Deuteronomy 33:27

The picture suggested, is that of a little child, lying in the strong arms of a father who is able to withstand all storms and dangers. At the two extremes of life, childhood and old age--this promise comes with special assurance.

"He shall gather the lambs in His arms, and carry them in His bosom" (Isaiah 40:11), is a word for the children.

"Even to your old age and gray hairs I am He; I am He who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you!" (Isaiah 46:4), brings its blessed comfort to the aged.

The thought of God's embracing arms is very suggestive. What does an arm represent? What is the thought suggested by the arm of God enfolded around His child?

One suggestion is protection. As a father puts his arm about his child when it is in danger--so God protects His children. Life is full of peril. There are temptations on every hand! Enemies lurk in every shadow--enemies strong and swift! Yet we are assured that nothing can separate us from the love of God. "Underneath are the everlasting arms!"

Another thought, is affection. The father's arm drawn around a child--is a token of love. The child is held in the father's bosom, near his heart. The shepherd carries the lambs in his bosom. John lay on Jesus' bosom. The mother holds the child in her bosom, because she loves it. This picture of God embracing His children in His arms--tells of His love for them--His love is tender, close, intimate.

Another thought suggested by an arm, is strength. The arm is a symbol of strength. His arm is omnipotence. "In the Lord Jehovah is everlasting strength" (Isaiah 26:4). His is an arm that can never be broken! Out of this clasp--we can never be taken. "I give them eternal life, and they will never perish--ever! No one will snatch them out of My hand!" (John 10:28)

Another suggestion is endurance. The arms of God are "everlasting." Human arms grow weary even in love's embrace; they cannot forever press the child to the bosom. Soon they lie folded in death....

So pathetic is human life with--its broken affections, its little moments of love, its embraces that are torn away in one hour. But these arms of God--are everlasting arms! They shall never unclasp!

There is another important suggestion in the word "underneath." Not only do the arms of God embrace His child--but they are underneath -- always underneath! That means that we can never sink--for these arms will ever be beneath us!

Sometimes we say the waters of trouble are very deep; like great floods they roll over us. But still and forever, underneath the deepest floods--are these everlasting arms! We cannot sink below them--or out of their clasp!

And when death comes, and every earthly thing is gone from beneath us, and we sink away into what seems darkness--out of all human love, out of warmth and gladness and life--into the gloom and strange mystery of death--still it will only be--into the everlasting arms!

This view of God's divine care is full of inspiration and comfort. We are not saving ourselves. A strong One, the mighty God--holds us in His omnipotent clasp! We are not tossed like a leaf on life's wild sea--driven at the mercy of wind and wave. We are in divine keeping. Our security does not depend upon our own feeble, wavering faith--but upon the omnipotence, the love, and the faithfulness of the unchanging, the eternal God!

No power in the universe can snatch us out of His hands! Neither death nor life, nor things present, nor things to come--can separate us from His everlasting arms!

-J.R. Miller, "A Life of Character"

If you have all your springs in God, your heart will be full enough. If you go the foot of Calvary, there will your heart be bathed in love and gratitude. If you are often in the vale of retirement, talking with God, your heart shall be full of calm resolve.

There is no stumbling when a man walks with his eyes up to Jesus. He that looks at Christ walks safely.

- C.H. Spurgeon

"As your days--so shall your strength be." Deuteronomy 33:25

God does not give grace--*until* the hour of trial comes. But when it does come--the *amount* of grace, and the *nature* of the special grace required--is granted. My soul! Do not dwell with painful apprehension on the *future*. Do not anticipate coming sorrows, or perplexing yourself with the grace needed for future emergencies. Tomorrow will bring its promised *grace*--along with tomorrow's *trials*.

God, wishing to keep His people humble, and dependent on Himself--does not give a *stock of grace*. He metes it out for every day's exigencies, that they may be constantly *traveling* between . . .

their own emptiness--and Christ's fullness;
their own weakness--and Christ's strength.

But when the exigency comes, you may safely trust an Almighty arm to bear you through!

Is there now some "thorn in the flesh" sent to lacerate you? You may have been entreating the Lord for its removal. Your prayer has, doubtless, been heard and answered; but not in the way, perhaps, either *expected* or *desired* by you. The "thorn" may still be left to goad, the *trial* may still be left to buffet; but "more grace" has been given to endure them! Oh! How often have His people thus been led to glory in their infirmities, and triumph in their afflictions--seeing that the power of Christ rests more abundantly upon them! The strength which the hour of trial brings--often makes the Christian wonder to himself!

-John MacDuff, "The Faithful Promiser"

"As your days--so shall your strength be." Deuteronomy 33:25

Sufficient to each day are the duties to be done--and the trials to be endured. God never built a Christian strong enough to carry today's duties and tomorrow's anxieties piled on the top of them!

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Matthew 6:34 (Theodore Cuyler)

Another soul-disorder is **anxious care**. *Worry* or *anxiety* is prohibited by the gospel, because it is injurious to us, and reflects badly upon the care and kindness of God. Yet we, like *Martha*--are *anxious* and *troubled* about many things. We lose sight of the fact that God is our *Father*, and as such, He is engaged to provide for us. We forget that . . . we are in our Father's *world*, we are living under our Father's *eye*, we are fed by our Father's *hand*, and our interests lie near our Father's *heart*!

The true remedy for anxious care is to realize daily, and every hour of every day . . . that the Lord *cares* for us, that He knows *where* we are, and *what* we are, that He has fixed the bounds of our habitation, that His feeding the sparrows, is a proof that He will never neglect His children.

Anxiety! As a believer in Jesus, as a child of God--about *what* should I be anxious?

God is my Father, and He loves me--loves me just as He loves Jesus!

He cares for me--cares for me as much as He cared for the apostle Paul.

He watches over me, as a tender mother watches over her precious infant!

He keeps me--keeps me as the apple of His eye; and lest anything should hurt me, He will keep me night and day. He bids me cast every care upon Him. He exhorts me not to worry about anything--but in everything, by prayer and supplication with thanksgiving, to let my requests be made known unto Him.

This is the *true remedy* for anxious care:
to live in close and intimate fellowship with God, and cast all my cares upon Him as they come in;
to live realizing the fact, that I am the object of the constant, tender, loving care of God--that my God cares for me, for my best interests, for my everlasting welfare!

Yes, this is the only true remedy!

-James Smith, "The True Remedy!" 1856

Resources for further study:

- "Peace, be Still: Learning Psalm 131 by Heart" ([Journal of Biblical Counseling](#), 18:2)
- "Don't Worry" ([Journal of Biblical Counseling](#), 21:2)