



## **“WORRY, DEPRESSION, ANXIETY”**

Dear Reader, as a Christian, these are a thing of the past ...**or are they?** Indeed ... where can a person of the world find relief?

Even Jimi Hendrix, the unsaved, dope-headed, fornicating rock musician, knew that it certainly wasn't with the Jehovah's Witnesses, as he sang in "ALL ALONG THE WATCHTOWER"

"There must be some way out of here, Said the Joker to the thief;

There's too much confusion, **I can't get no relief.**"

But seriously though, apparently the answer is so simple ... **will we believe it?**

*"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And **the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.**" ([Philippians 4:6-7](#)).*

Is God a liar? Surely we must respond ... "God forbid: yea, let God be true, but every man a liar;" ([Romans 3:4](#))

"Yes, yes, yes, yes ... we know these verses!" we impatiently reply, but here's the question ... "Do we **REALLY KNOW** them?"

Dear Reader, there's a '**knowing**' in the head ... but the **real 'knowing'** happens in our **hearts** ... and must be the very fabric, the automatic response, of every second of our lives?

**How do we get it out of our heads and actually live it?**

Put it this way, a footballer may know how to kick a football, but the top payers have put in countless hours of practice. It has become **SECOND NATURE** to them under all pressures of the game.

Worry, anxiety and depression are **deliberately used by God** at his football training ground ... a blessing from God. Oh yes! We all want to be on God's team, but will we put in the work? But here's the difference ... for the footballer, it has to be hard physical work ... but for the Christian, Christ has already done the work for us ... but will we believe it? **Our work is but to believe on the Lord Jesus Christ** ([John 6:29](#)).

"Oh my kids! I'm so worried they are not saved!" "I'm so anxious that I won't get the contract for the business!" "I'm so depressed that life's not working out for me ... just closed doors everywhere!" "I'm worried that I might have cancer!"

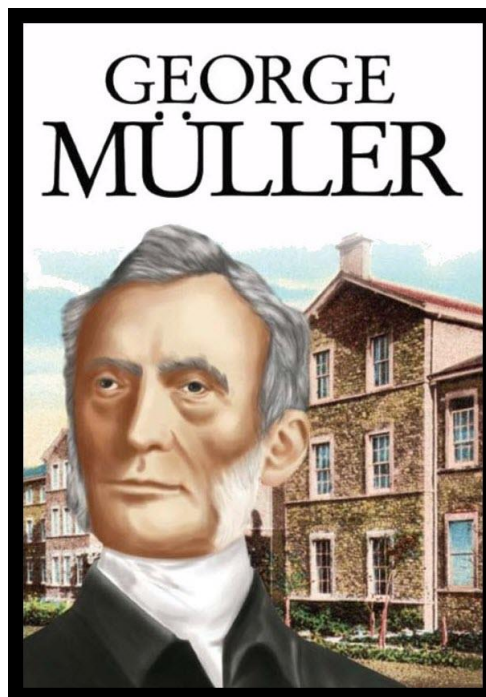
**Dear Christian, do we really KNOW the following five verses ... [Romans 8:28](#); [Ephesians 5:20](#); [1 Thessalonians 5:16-18](#); [2 Timothy 1:7](#) and [Philippians 4:6-7](#).**

It involves an ever conscious vigilance! Just because we are saved, we think that God will do all the work for us ... AND OF COURSE HE DOES ... BUT **WILL** YOU **WILL** IT TO BE SO?

From what I've read of the godly men that have gone before us, **the secret is this** ... there must be a ruthless, resolute, violent and uncompromising **casting down** ... an instant conscious turning away from the things that so easily beset us ([Ephesians 6:16](#)) ... combined with a desperate cling to the believing of God's words ([Hebrews 12:1](#); [2 Corinthians 10:5](#); [1 Peter 5:7](#)).

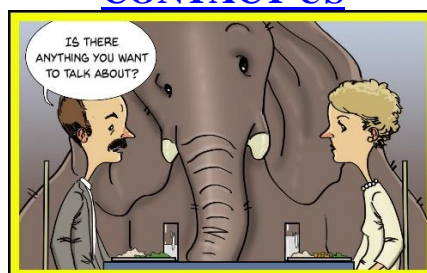
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