

FEAR AND FOCUS

This month we are continuing the subject of how to handle the stress, anxiety, and cares that we face in this life. The definition for **stress**; a state of being stretched under the conditions of the strain of something; a state in which a strong demand is made on the mind through meditation; a preoccupation of circumstances with no known cure which then effect the intensity of the nervous system; the process of, the removal of one's hope. In **Proverbs 13:12** we read, "Hope deferred makes the heart sick, but when the desire comes, it is a tree of life." Notice the phrase "hope deferred", this means to postpone or cut off, and "makes the heart sick", it happens when we are overexerting ourselves and we become; weak, grieved or wounded. The second part of the verse says "but when the desire (a longing for, to wish for, dream of) comes, it is a tree of life"; or can be said; has the ability to produce its required fruit.

Let's look at a definition of **cares**. It is an anxiety that brings a disruption to one's mind and personality. **The Greek word for cares is meridzo: to part, divide, to disunite, to worry over a need for something. The Greek word merimnao: means a distracting care.** Jesus said in **Matthew 6:25** not to worry but to understand what he is saying, Let's look back at **verse 23**. "If your eye is bad, (unhealthy) your whole body will be in darkness." Stress, worry, cares or anxiety; if this is all you see as the path to where everything is going in a sense, captures your whole **focus** as your only light, it can take your natural life down the road of complete darkness (control).

In my own life I soon realized how to cast my care over to him. In **Matthew 6:21 and 22**, Jesus said something so profound. "Where your treasure is, there your heart will be also. The **lamp** of the body is the eye. If therefore your eye is good, (healthy) your whole body will be in light, (the ability to see)". Why? Because you have chosen to **focus** on things that bring you a healthy life, free of anxiety, worry or stress. Remember what I said above, in **verse 23**, this is what creates an unhealthy life.

Look back now at **verse 21**, Jesus clearly says, where your **treasure** is there will your heart be also. When He put the word **heart** (metaphorically) it is referring to the storehouse of the mind; where the thoughts, feelings, emotions etc. are kept. **He is telling us, the greater value or treasure stored**

up inside of us will determine the pressure of the stress or the care, it attacks the things you value the most. In **verse 19** when Jesus tells us "do not lay up for yourself treasure on earth". (What you built in yourself mentally that is earthly) It goes to corruption, decay, and where thieves can find a way in to take it from you. Why would this happen?

It is because the things you value the most is where your heart is set. Satan knows to attack the things that are of high value to you, because it causes a distraction in your life, giving him the opportunity to remove the word from your heart. (**Mark 4:15**). Satan does not want you to be free of stress or care (anxiety) because if he can keep you there it removes the seed of God's word before it can take root and grow in you (**vs 17**). In **Mark 4:19** he states that "the cares of this world and the deceitfulness of riches and the desire for other things entering in choke (squeeze) the life out of the word". This really clarifies what Jesus was saying in **Matthew 6:24**.

The kingdom of God has to have the preeminence in our life if we're going to conquer, or have victory over the tribulations that come our way (**Colossians 1:18**). When we encounter worry, anxiety and cares in life, God's response never changes toward us. Our heavenly father tells us very plainly through Jesus in **Mathew 6:25-30**, if **nature** is so valuable that it receives Gods care over and above even Solomon's glory, then how much more does He have you in mind. God does not use the fallen world to deliver you by reason of **its** nature. He gives you a completely new nature (new light) to see with, and to help you navigate through this fallen world. The **world** does not possess it! (**2 Peter 1:1-4**) Next month, we will continue this important subject. My desire is to bring encouragement to you during these days and times we are living in.

Love,
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Pastor Jann recommends the book:

Qualified by Tony Cooke

