

## Detoxification From Worries

*“The king said to them, ‘I have had a dream, and my spirit is anxious to know the dream.’”*

*(Daniel 2:3)*

Worry is the offspring of a troubled soul. When peace is absent, our mentality is flooded with contaminated thoughts. Stress often is the mother of anxiety. Fear is the unseen ‘fertilizer’ for the growth of anxiety. When we take the regular medicine of Isaiah 26:3, it will eradicate these toxins from our system.

Worry is the reflection of the outflow as well as self expression of our negative thought life. The things that plagued us with worries are the most important things we valued at that hour. In other words, our anxieties reveal our priorities. We never worry about things that are not important to us. We worry because we have the wrong concerns and priorities. When our mental address is Philippians 4:8, our mind become sound and serene.

We worry because we handle our legitimate concerns the wrong way. Frantically, we searched for options and solutions. We have not really practiced 1 Peter 5:7 wholeheartedly. The previous verse says, we must surrender our lives into His hands completely. In other words, we must learn to let it go!

We worry because we depend on the wrong person. Man is not the ultimate problem-solver. We must recognize that God is our Saviour. God is still in the business of creating Psalms 37:24 reality in our lives. Engage God as your guide (Ps 48:14) and allow Him to be your Helper (Ps 54:4) to navigate safely through the chopping waters of life (Ps 66:10-12).

We worry because we served two masters. The word ‘anxiety’ means ‘to divide the nous (mind)’. Worry is bad as it divides the heart (double-mindedness; ‘2 minds’ serving 2 masters) and distracts the mind from God. David shares the secret of worry free -- living in Psalm 55:22: “Cast thy burden upon the Lord, and He shall sustain thee; He shall never suffer the righteous to be moved.”

Put your trust in His word (Ps 56:3,4) and practice the counsel of Psalm 57:1-3 and God never fail to be our redeemer! (Ps 78:35, 38; Prov 23:11; Isa 48:17-18; 54:5-8; Ps 103:4)