

Pleasant Valley
Church of Christ

3317 Amidon
Wichita KS 67204
(316) 838-4195
www.letjesusleadus.org

Schedule of Services

Sunday

Classes 9:30 am
Worship 10:30 am
Evening 6:00 pm

Wednesday

Classes 7:30 pm

The Pleasant Valley Church of Christ is a non-denominational group of believers who are committed to following Jesus in our attitudes, our relationships, and our worship. If you want the same thing in your life, please contact us. We'd like to help.

Unless otherwise noted, all scripture quotations are from the New King James Version Bible, Thomas Nelson Publishers.

Wings



"But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles" (Isaiah 40:31)

October 4, 2009

The multitude of my anxieties

by David King

"Unless the Lord had been my help, My soul would soon have settled in silence. If I say, 'My foot slips,' Your mercy, O Lord, will hold me up. In the multitude of my anxieties within me, Your comforts delight my soul" (Psa. 94:17-19).

This psalm was written by a righteous man, but his confession of struggling with "the multitude of my anxieties" provides a good lesson for dealing with our own problems today.

In this context, the author was particularly anxious about the attacks of personal enemies (v. 16). But there are many other sources of worry in life: illness, accident, the loss of a job, the welfare of our children, and so on. Then there are the pains that we inflict upon ourselves by the mistakes we make. We like to think of the godly life as a long stretch of serenity, but in fact, it can be a wild ride of emotional peaks and valleys. In rare cases, the afflictions can be so intense that our soul can "settle in silence" — the silence of death. We can despair of life itself.

We may be children of God, but we are still creatures of flesh who live in an imperfect world, so we can never entirely escape the worries of this life. Whether or not David was the author of this psalm, his life is clearly reflected in it. His persecution at the hands of Saul, the treachery of his friends, his crushing family problems, and the burden of his own sins in the incident with Bathsheba — all were sources of great anxiety in his life.

In fact, almost all Bible heroes dealt with similar struggles. In writing to one church, Paul

confessed to an episode when he was "troubled on every side. Outside were conflicts, inside were fears" (2 Cor. 7:5). His whole career as an apostle was marked by "weariness and toil . . . sleeplessness often" (11:27). Even the Son of God, when facing the greatest challenge of His life, experienced extreme mental anguish. His agony was so intense that "His sweat became like great drops of blood falling down to the ground" (Lk. 22:44). I've had some anxious moments in my life, but nothing like that.

The fact that we encounter these periods of distress in our life is not a sign of weakness or failure. The issue here is how we deal with it. This passage not only acknowledges the fact of anxiety in our life, but also tells us how to respond: "**Your mercy**, O Lord, will hold me up. . . . **Your comforts** delight my soul." The author managed the stress in his life by forcing his mind to dwell on the good things God had done for him. God is a benevolent and kind Creator who wishes the best for us, and has gone to extraordinary lengths to provide for our eternal welfare. In view of that special relationship, the struggles of this life fade in significance, and become more manageable.

This relationship with God does more than merely mask the pain. Notice again, "In the multitude of my anxieties within me, Your comforts **delight** my soul." Despite whatever problems we are dealing with in our life, if we have our minds fixed on God and His gifts, we can be genuinely happy about our lot in life. "If God is for us, who can be against us?" (Rom. 8:31). Indeed, we never had it so good!