



First Christian Reformed Church of Lynden
From Generation to Generation for the Glory of God
God's precious and exceedingly great promises in hard times

Colossians 3:16 Let the word of Christ dwell in you richly,
teaching and admonishing one another in all wisdom,
singing psalms and hymns and spiritual songs,
with thankfulness in your hearts to God.

Scripture

Reflections from Scripture when we feel anxious, worried, nervous, fearful, depressed.

Psalm 34:4-7

- ⁴ I sought the Lord, and he answered me and delivered me from all my fears.
⁵ Those who look to him are radiant, and their faces shall never be ashamed.
⁶ This poor man cried, and the Lord heard him and saved him out of all his troubles.
⁷ The angel of the Lord encamps around those who fear him, and delivers them.

Isaiah 26:3-4 You keep him in perfect peace whose mind is stayed on you, because he trusts in you.
⁴ Trust in the Lord forever, for the Lord God is an everlasting rock.

Isaiah 35:3-4 Strengthen the weak hands, and make firm the feeble knees. ⁴ Say to those who have an anxious heart, "Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you."

Isaiah 41:10 Fear not, for I am with you; be not dismayed, for I am your God;
I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Matthew 6:31-34 Therefore do not be anxious, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you. ³⁴ "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Matthew 11:28-30 Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.

Mark 4:39-40 And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm. ⁴⁰ He said to them, "Why are you so afraid? Have you still no faith?"

II Corinthians 1:8-10 For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. ⁹ Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead. ¹⁰ He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again.

Philippians 4:6-9 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

I Peter 5:6-7 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷ casting all your anxieties on him, because he cares for you.

Song

Psalm 59:16 But I will sing of your strength; I will sing aloud of your steadfast love in the morning. For you have been to me a fortress and a refuge in the day of my distress.

[You can Google the hymn to hear it if you would like to sing along.]

He Will Hold Me Fast (Keith Getty)

When I fear my faith will fail, Christ will hold me fast;
When the tempter would prevail, He will hold me fast.
I could never keep my hold through life's fearful path;
For my love is often cold; He must hold me fast.

Refrain: He will hold me fast, He will hold me fast;
For my Savior loves me so, He will hold me fast.

Those He saves are His delight, Christ will hold me fast;
Precious in his holy sight, He will hold me fast.
He'll not let my soul be lost; His promises shall last;
Bought by Him at such a cost, He will hold me fast. *Refrain*

For my life He bled and died, Christ will hold me fast;
Justice has been satisfied; He will hold me fast.
Raised with Him to endless life, He will hold me fast
"Till our faith is turned to sight, When He comes at last! *Refrain*

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Prayer

II Chronicles 7:14 If my people, who are called by my Name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

Holy Father, you are sovereign, Lord. You are good, wise, strong, gracious, and faithful. You are my rock, my shepherd, my peace.

I am the opposite of who you are, Lord. I am sad, anxious, and weak. I feel hopeless, helpless, and lonely. At times I don't see how to go on. I know this is wrong, and I confess this to you. I am not who I want to be. I am not where I want to be.

Faithful God, although I don't feel much faith or confidence in you, I will not be guided by my feelings. I trust you, Lord. I trust your word, your character, your faithfulness. I believe all that the Bible says about you, and I will recall your past faithfulness. I trust you, therefore, that you have not changed, though I have; that you are still here, though I don't sense you; that you are my God, though I don't feel like I'm your child. I trust your plan for me, and I rest in you as you carry me through these dark and disturbing days.

All-sufficient Provider, I am desperately needy. I need you above all. But I also need peace, joy, hope, patience, sanity, and so much more. I beg you to help me even just to get through this day. Will you help my family and friends as they struggle to understand me? Teach them how to love me. But help me also to love them, especially when I feel so flat. Help me to do my daily duties even when I find no joy in them. I pray for the needs of other depressed and anxious people, too.

Giver of every good and perfect gift, I thank you for all you have done, are doing, and will do. I thank you for all you have given, are giving, and will give. I thank you that I am not even worse than I am. I thank you for moments of joy and peace. I thank you for family and friends, for brothers and sisters in Christ, for counselors, and others who have come along side to help.

Lord, you are full of joy and peace. Many others are not. Help them to see who you are and to worship and praise you. Lead them to confess their sins and their faith. As you know their needs and you can easily supply them, give them supplications that honor your willingness and ability to give. Give them what they lack and give them thanksgiving as they see you more clearly in their lives. Above all, remind your people of Jesus Christ who suffered more and deeper for them, and fill them with gratitude for his grace in coming, your love in sending him, and the Holy Spirit's fellowship that applies all this to the soul. AMEN.

(from a prayer by David Murray, CRC pastor)