



Get Out of the Trap

By Taylor Braswell on December 1, 2021

READING: Matthew 6

Sometimes I find myself caught in an anxiety trap. I am focused on everything I need to do, but instead of doing any of them I just think about the unknown and stare blankly at the wall. When I am caught in an anxiety trap, my wife Autumn usually says, “Babe, you are doing the thing where you are so stressed that you are staring at nothing again.” Not only am I not accomplishing anything when I am anxious, I am not trusting that God will take care of me. Matthew 6:27 reminds me that I cannot add one hour to my life by being anxious! In fact, I am probably taking hours off my life the more I am stressed.

The English word *anxiety* comes from a Latin word that means “to strangle”! Matthew 6 reminds me that I have value because I am God’s child, and I am created in His image. Christian, if we seek God instead of the things of this world, we will always be reminded that God has a plan for our lives and that He will take care of us! When I am anxious, I am focusing on the things of this world and not thinking about the sovereign Creator of the universe Who loves me. As Christ followers, we need to set our minds on who God is and what he has done for us every single day! Even if your worst fears come true, as a believer, you have eternal life with God forever. The next time you get caught in an anxiety trap, remember God knows what you need and has a plan for your life.

PRAYER: God, I acknowledge that You are in control, and I am not. Forgive me for not trusting that You will take care of me in my moments of anxiety. Help me seek You each day and remind others of Your promises to Your children.

TOMORROW'S READING: Matthew 7

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