

Facing a threatening problem

1. Focus on the Lord, not the problem

Jesus said “Surely I am with you always, to the very end of the age” (Matthew 28:20). Briefly meditate on this statement and ask yourself “Which is bigger – the problem or the Lord?” Determine to focus your attention on the Lord who is with you.

2. Rejoice in His infinite love

Paul writes “I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge” (Eph 3:17-19). Think of that – the love of Jesus who is with you, protecting you, is so great it is beyond understanding.

3. Rejoice in His infinite wisdom and power

Paul writes “Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable his judgments” (Rom 11:33). He also refers to God’s “eternal power” (Rom 1:20). Say to yourself “God will sort out this problem.”

4. Rejoice in His promises to protect and provide for us

Paul writes “the Lord is faithful, and he will strengthen you and protect you from the evil one.” (2 Thess 3:3). Say to yourself “The Lord will strengthen me and protect me from the evil one.”

5. Resist the devil and his temptations to anxiety and depression

James writes “Submit yourselves, then, to God. Resist the devil, and he will flee from you” (James 4:7). In your mind’s eye, see the devil fleeing from the situation.

6. Pray powerfully over the problem, pleading the blood of Jesus

7. Place your trust in the Lord.

8. Ask for wisdom

James writes “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you” (James 1:5).