



## Anxiety Attack

**Read:** Matthew 6:24-34

In the gospel Jesus talks about the obstacles that prevent us from trusting God. So often we get caught up in the pursuit of our desires. Doing so normally causes a great deal of stress. Jesus' solution to this problem is to place our trust in God by seeking *first* his Kingdom. This means that prayer must become our priority. Prayer establishes trust in God, and enables us to see what is really important.

**What does this mean for us?** Everyone struggles with prayer from time to time. The good news is that with a common problem come some common solutions. Try these:

1. Make a commitment to spend at least some time with God every day, even if it's just two minutes.
2. Put prayer in your weekly schedule. Put aside time in advance to meet with God every day.
3. Be prepared for distractions. In the gospel, Jesus warns us that worries and anxieties will keep us from prayer.
4. Do it for six weeks straight. It takes three weeks to develop a new behaviour and another three to form a habit.
5. Depend on God-power, not willpower. You can only succeed by the power of God's Spirit. Ask God to strengthen you and to help you develop this habit.

Jesus wants you to spend time with him. You don't have time *not* to do this. Make time for God, and it'll change your life.