

## August 2003

### Worry-free Living

Once we get the revelation that the safest place we could ever be is in the Hands of Jesus, we will begin to find the rest and the peace that have so long escaped us. Once we understand that we can place all our cares and hurts and worries onto Him, we can truly begin to live a worry-free life.

"Oh, Sister Doty, is that scriptural?" Let's look at just a few scriptures – the Bible is FULL of them.

I Peter 5: 7 Casting all your care upon him; for he careth for you. The word "cast" means to "throw." Just like if you picked up a hot coal, you would not set it down gently, but cast it down! Hurl it! Toss it! Throw it!

Next, let's look at some familiar words of Jesus Himself, in Matthew 11: 28-30: Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.

Heavy laden...how often do we find that describing ourselves! Loaded down with cares and worries and burdens. A yoke is a device that hooks up one person to another, such as in "be not unequally yoked." Like a pair of oxen, whoever we are yoked to will travel the same road we do. There is no parting of ways or "doing one's own thing" when one is yoked. Jesus here invites us to "hook up" with Him. And wherever He goes, let us go. If He goes AWAY from our problem, we shall we. How can Jesus say that His yoke is easy and His burden is light? Because He has supernatural resources that we do not. That is why, if we are indeed yoked with Him, His resources become our own!

In Isaiah 61:3, we have some awesome promises: "To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified." In this verse we learn that He will give us beauty for ashes and joy for mourning and garment of praise for the spirit of heaviness...BUT we need to remember that this is an exchange situation. There is the little word "for" after each of those wonderful things. We give HIM something and, in return, He gives us something. As long as we hang onto the ashes of our broken childhood or the heaviness of an unsaved child, we in effect tie His hands. But as soon as we learn to let go – so

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can the God who loves us so very much also let go and pour these blessings into our lives – and perhaps even into the lives of our families. How often might we block our families' blessings by our own sinful self-centeredness!

The devil has launched an all-out attack against our little church here in South Carolina. It breaks our hearts to see such devastation wreaked upon good people, but the spirit of deception has been unleashed into this ungodly world. If folks do not stay in the Word of God and KNOW what God says, we will not be armed against these assaults, and will sooner or later be taken captive. We have to know the TRUTH in order to detect the FALSE...the right, to know what is wrong. Even so, it always hurts to see people we love fall to the hands of the enemy. All last week I felt like I was in mourning for the death of a loved one!

You, like us, have those situations where you have said it all...done it all...prayed it all...there's just nothing left to do.... And THAT, my friend is a WONDERFUL place to be, because that is when God can really come in and work miracles – if we give it all to Him in worship. As we talked about in last month's Newsletter, turn it all over to Him and then go worship...and praise...and stay filled with thanksgiving that He is indeed working out your situation!

When we begin to worry...when we feel the old haunts of depression creeping up on us...when the pain seems more than we can bear.... let's throw our cares onto Jesus. I have gone to Him sobbing in helplessness, crawling along the carpet onto my knees with outstretched arms...and each time He has met me there at my place of need. And dear one, please know, that is where you get your answers!

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God bless you,

Your friend,

Lynda Allison Doty

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