



# Dealing with Anxiety with Thanksgiving

by Muriel Larson

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Years ago my husband and I were going through financial problems, and I was distraught with worry. Then I read **Philippians 4:6-7**, which told me not to be anxious about anything, but to bring everything to the Lord in prayer with thanksgiving.

When I started giving thanks to God, faith filled me, and I received "the peace of God that passes all understanding."

But when we are in despair, for what can we thank God?

## Salvation

When we come to know Jesus Christ as our Savior, we are blessed, with forgiveness; everlasting life; constant communion with Jesus; divine guidance and provision; answers to prayer.

## The Beautiful Creation of God

Sometimes when I feel down, I go for a walk and praise God for the beauties of His world. Jesus said, "Consider the lilies of the field...Even Solomon in all his glory was not arrayed like one of these."

## The Fellowship of the Saints

Our Lord has given us our brothers and sisters in Christ for our enrichment: "Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your heart to the Lord."



## God's Wonderful Promises

When troubles assail, I open my Bible and find a promise that gives me comfort.

Thanksgiving does drive away anxiety! But we don't have to go through hard times to appreciate God's blessings. If we look, we will find that His blessings are new every day!