

# GLAD TIDINGS

“And we bring you good tidings of the promise made unto the fathers...” (Acts 13:32)

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## Standing upright when our world is upside down

By: Jerry Fite

 Our lives may go along smoothly for awhile, but then suddenly, our world around us can be turned upside down. The sudden death of a close loved one, the doctor's diagnosis that we have a terminal disease, or the final word from our employer that we no longer have a job can send us for a loop. Companions gone upon whom we often depended and with whom we enjoyed life; health gone that now seems so precious; and a job gone through which we supported ourselves and our families; all hit us hard. What should one do during these trying times?

### BE NOT ANXIOUS

God knows our situation in life at all times (Matt. 6:32). If we lose our jobs, we must not allow the situation to cause us to be distracted with anxiety. Jesus said, “Be not therefore anxious, saying, ‘What shall we eat?’ or, ‘What shall we drink?’ or, ‘Wherewithal shall we be clothed?’” (Matt. 6:31). Anxiety will not get us a new job, nor will it put food on the table. We must stand up straight in our overturned world with faith in our Lord. Trusting in the fact that God knows our need, we need to respond with: “but

seek ye first his kingdom, and his righteousness; and all these things shall be added unto you” (Matthew 6:33). We must stand up and continue to pursue living according to God's righteous standard, the gospel of Christ, knowing God will help us find a way to feed, cloth and support our family.

### KEEP TRUSTING

Jesus points out two facets of faith that are an effective antidote for paralyzing anxiety. We must trust in the fact, “your heavenly Father knoweth that ye have need of all these things” (Matt. 6:32). And, He will provide for our necessities to be met (Matt. 6:33). Trusting in God **KNOWING** our situation, and then, that He will **ACT TO PROVIDE** for our needs are powerful thoughts of faith that keep us upright in our upside down world.

Such trust under girds us, vaccinates us from the paralyzing disease of worrying about tomorrow (Matt. 6:34), and frees us to do what we can do: obtain new skills, look for a new job, or do whatever is necessary to improve our immediate situation. Jesus wants us to keep trusting in Him, and to keep living righteous lives

as he provides for our physical well-being.

### BE THANKFUL

One way we stand upright in our upside down world is that we continue to be thankful even in difficult times. While we are asking God for help in our immediate dark situation, we can be sure to give Him thanks for the companions, prosperity, and health that He did allow us to have. The darkness that surrounds us at the moment should not cause us to cease to be thankful for the blessings enjoyed in former times. Paul exhorts us, “Pray without ceasing; in everything give thanks: for this is the will of God in Christ Jesus to you-ward (I Thessalonians 5:17-18). While we may not always be thankful “*for*” everything that happens to us, we certainly can “*in*” all things express thanksgiving to God. We can be thankful to him that we have a home in heaven prepared, reserved and waiting for us where death, loss of health, or a lost job can't overturn anything.

May we all keep standing upright when our personal world is suddenly turned upside down.