

***“Anxiety weighs down the heart,
but a kind word cheers it up.”***

(Proverbs 12:25)

One of the things that disturb and hinder people from progressing forward and take the right step and decision is anxiety.

Anxiety is the sickness of 70% of people who go and visit doctors and hospitals. It can be a sickness alone, or it can exacerbate and magnify any present illness in people's life.

Anxiety crippled the mind of the people. Those who are having anxiety they live always in fear and in suspense. That will push them to think and imagine the things that are not true and they will be pushed with that wrong assumption to take a wrong decision and a wrong step and go in direction they should not go on.

Anxiety weighs down the heart:
Anxiety not only put down the heart but the whole person will be disturbed from inward. And that person will be misguided by his fears and false emotions that are initiated by his anxiety.

Now who is that person who is disturbed by anxiety? Nobody but you! And that is where the word of God it have its importance and

*value in your life. Your heart and life are pulled down with many worries that links to your health, work, education, income, family,
...*

But a kind word cheers it up:
This is the word of God that we read in the bible and what we hear from God's message. The word of God brings comfort and assurance and takes away fear and anxieties and all the deception from our minds and souls and relief us and give us peace.

Get your bible and read His word and sit with him and pray to Him and listen to his voice and instructions and He will guide you with His word and will comfort you and gives you assurance and peace.

My Prayer

Father God I come before you in the name of Jesus who died on the cross for my sins to give me eternal life. Lord I place my life into your hands, Lord take all my anxiety away from me and cleanse my heart and my mind from all deception. Lord fill my heart with peace and direct me to your word that gives me assurance, this is my prayer in Jesus name Amen.



“For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future.”

(Jeremiah 29:11)

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The Lord Is My Shepherd

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“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

(Philippians 4:6-7)