

## TROUBLED HEARTS

*“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”*

John 14:27

My husband has always accused me of having a problem with anxiety, yet I’ve been in denial. I always believed that the worries and fears I dealt with were normal, something everyone deals with once in a while. But last week something happened that showed how bad my anxiety could be – the pain it could cause. I saw it for what it was.

My church had a big festival, something I always help a lot with – especially as a right-hand for a good friend of mine. Many things came together in my mind and I worried so much about them that I could see that I wouldn’t be able to cope at all. It was all anxiety. And then I started feeling guilty for letting my friend and the church down. I went through so much guilt...and more anxiety as I was afraid of what my friend would think of me. Would she understand? Did I myself even understand? I felt so very bad!

- Tell us about some problems your worries and fears have caused you.
- How did you deal with them?

What we need most at times like this is peace. The J.B. Phillips translation of 1John 4:18 says *“Love contains no fear—indeed fully-developed love expels every particle of fear, for fear always contains some of the torture of feeling guilty. This means that the man who lives in fear has not yet had his love perfected.”*

What we need is this “fully-developed love.”

- How can we obtain this fully developed love?

To have a true loving relationship with Jesus we need to realize that it’s not only important for *us* to spend time with Him; we also need to realize how important it is to *Him* that we spend time with Him. We’re important to Him. He misses us when we don’t have a quiet time with Him.