

God's Word for the Anxious Heart

Many are the plans in a person's heart but it is the Lord's purpose that prevails. (Proverbs 19:21). While uncommon in Japan, I was born and raised in a Christian home, so I grew up knowing that God is alive and I am loved by Him the way I am. What a blessing that is!

There are so many unexpected things in family life that make you worry so much. There are also times you have to give up your plans despite your own desires. I remember clearly the day something unexpected happened in my life. A few years after marriage, my partner told me that he was willing to quit his job and go to seminary to become a pastor. Although we were a Christian couple and were both serving actively in our church, it was the last thing on my mind. I was shocked and discouraged – not because he made such decision, but because I found myself unhappy about his desire to serve God fulltime. I was worried about so many things! It was the turning point of my faith. God's word touched my heart when I was drained and exhausted by my helplessness. The Lord has His plans and purpose in my life no matter what I do or plan to do. I prayed that He would convert my self-centered faith to one totally led and controlled by Him, letting Him take care of my life.

Since then we have experienced many joys as well as difficulties as my husband became an ordained pastor and I became a pastor's wife and mother of our daughter. One of the trials for my family was the severe illness of my husband. In the midst of this grief and pain, God made us realize that it was His doing in our lives. His will is going to be done no matter what. Now my husband is mostly recovered and helping others see how God is working in their lives by sharing what he went through with his illness.

Our faith is not something solid and immovable. Instead, we always struggle with feelings of doubt and anxiety. That is why we need to renew our contract [covenant] with Him daily. Every new day is a chance to open and empty our minds, and fill them with His Word so that we can commit ourselves to Him, believing that in all things God works for good with those who love Him. Living that way, we are promised to be filled with His peace in our minds. "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)

Reflection:

- ♥ When has God asked you to do something which was very difficult or which caused you great anxiety?
- ♥ What do you do when God asks something difficult from you?
- ♥ Where do you find strength and direction for your life?



Closing Prayer:

Heavenly Father, thank you for leading and working for good in our daily lives today. Help us strengthen our faith so that we can make a commitment to you. Amen

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