



Be Anxious For Nothing

By Lucy Wall

It'll come as no surprise that this poem was mainly inspired by Philippians 4:6-7 which reads,

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

This passage has often come to my mind during the Covid-19 pandemic as I've been praying for the different needs and challenges faced either by myself or by friends and family. It seems that when the Apostle Paul wrote the words in Philippians 4, he gave us a wonderful format to follow as the antidote for worry and so I felt inspired to write a poem that reflected this process.

Sometimes I feel it can be too easy to charge into the presence of God and immediately start blustering through the list of things we need help with. As Paul shows us through these verses in Philippians however, the first thing we should do is pray! True prayer is to commune with God, to acknowledge who He is and give Him the praise He is due before we start to present our petitions to Him.

Paul goes on to outline that our supplications come second, followed by the giving of thanks to God for all He has already done. It's when we go through this process that things will be put into the correct perspective and we'll be filled with His peace which surpasses all understanding. Our situation may not change but we'll be changed within our situation by the peace that only Jesus Christ can give.

It was these thoughts that inspired me to write my poem “Be Anxious For Nothing” and I pray that it can be a wonderful encouragement for our hearts as we continue to face the uncertainties of life. With so many “unknowns” ahead of us there are some things we do know for certain, Jesus is Sovereign, He's still on His Throne and He will lead us through each day at a time.

Be anxious for nothing and do not despair,
Counter your fear with the power of prayer!
Come to His Throne for there you will find
His wonderful peace that will guard heart and mind.

Enter His Courts and humbly recall,
You now stand in front of the Maker of all!
Boldly approach Him and come with the view
To give Him the honour and praise He is due!

Reflect on His glory and all He has done,
Extol and exalt Him as God's only Son!
The One who defeated the strength of the grave.
Your risen Redeemer is mighty to save!

He is the One who declared “It is finished!”
Now bring Him your problems and watch them diminish!
Nothing can challenge or vanquish His power,
So cast all your worries before Him this hour!



Acknowledge your weakness and need for His strength
And know that His power can go any length!
Bring your requests and present them with reverence,
Commune with your God and rest in His presence.

Remember the truth that you're safe in His palm
And nothing will happen outside of His plan!
His Rule and His Sovereignty never will cease,
Let the God of the Universe fill you with peace.

Although it is easy to fret over things,
Better to rest in the King of all kings!
His peace is a gift that will never depart
For *true* peace of mind comes from peace in the heart.

So lift your head high, sing praise and applaud,
Stand strong in His Truth and the Armour of God!
Give all your thanks to the King you adore,
For how He has faithfully helped you before!

He's proved Himself worthy so trust Him again!
Your precious Redeemer, your Saviour and Friend.
Be anxious for nothing, take rest in your soul.
Be anxious for *nothing*! Your God's in control.

Isaiah 41:10

*"Fear not, for I am with you;
Be not dismayed, for I am your God.
I will strengthen you,
Yes, I will help you,
I will uphold you with My righteous right hand."*

Psalms 55:22

*"Cast your burden on the Lord,
And He shall sustain you;
He shall never permit the righteous to be moved."*

Joshua 1:9

*"Have I not commanded you? Be strong and of good
courage; do not be afraid, nor be dismayed, for the Lord
your God is with you wherever you go."*

Luke 12:22-26

*"Then He said to His disciples, "Therefore I say to you,
do not worry about your life, what you will eat; nor
about the body, what you will put on. Life is more than
food, and the body is more than clothing. Consider the
ravens, for they neither sow nor reap, which have
neither storehouse nor barn; and God feeds them. Of
how much more value are you than the birds? And which
of you by worrying can add one cubit to his stature? If
you then are not able to do the least, why are you
anxious for the rest?"*