



FAITH matters

July 3, 2023

“Rejoice in the Lord always ... do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be known to God.”

Philippians 4:4-6 ESV

LOSS is the most common experience we encounter but with so many opportunities to master it, grief and loss still remain the hardest human emotion to overcome.

At this time in my life, I am experiencing the loss of mentors, childhood playmates, sisters and brothers, and close friends. When I read the obituaries I peruse the list to see if there's anyone I know and more often than not, I do know someone. But, loss doesn't stop with people, we have other losses as well. To name a few: there's a loss of a job, a loss of face or status, a loss of a pet, a loss of security, a loss of trust, loss of childhood innocence from early sexual abuse, and they all burden us with more anxiety. We either grieve these losses by being fully aware of them or by stuffing them inside, denying their impact. Awareness is healthier and as the verse suggests, "... let your requests be known to God." This is a Christian's guide that helps alleviate the anxiety from the losses we experience.

“I will offer you the sacrifice of thanksgiving and call on the name of the Lord.”

Psalms 116:17 ESV

Another blessing from scriptures is this verse in Psalms which

highlights the importance of thankfulness. It is neurologically impossible to have thankful and anxious thoughts at the same time. Thankfulness counteracts anxiety, gives us peace, and helps us power through adversity. By living with a thankful heart, we rise above our circumstances. A thankful mindset does not deny reality with its hordes of problems but liberates the spirit by transcending above it. It gives us the big picture and helps us realize that being thankful for the promises of God and our personal relationship with Jesus Christ are what really matters.

~Prayer of Thanksgiving~

Dear Lord, it is with a grateful heart that we praise your name. We suffer so much loss in our lives and we are humbled by your grace given to us by Christ's sacrifice on the cross. Help our thankful hearts and minds heal our anxious thoughts and may we forever rest in the solace of your promises. Amen

~Written by Kathryn Den Houter, Ph.D.



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