



CONSIDER THE RAVENS

There's a great song titled, *God & Prozac*, by Chris Renzema that says,
*"The better part of my twenties spent writing songs about God
On a Prozac prescription, doesn't that seem odd?
'Cause I believe in a gospel and a God who is good
But these chemicals don't always work like they should."*

Can you relate?

I can.

Granted, I've never been on Prozac, or any meds like that, but I can relate with the struggle of KNOWING the truth but not always LIVING IN the truth.



Anxiety/Worry/Depression are epidemics.

These have become serious mental health issues, and we have seen a substantial rise in these over the last decade. It is evident through the statistics concerning prescription medications, depression and suicide rates.

Even here at camp we have witnessed the increase in anxiety and depression simply through the higher levels of anxiety meds, etc., that campers come with each summer.

We primarily serve campers aged 6-17 years old in our summer programs and I am regularly surprised by the amount of medications that are sent for these campers—particularly those for anxiety and depression. These campers are so young yet struggling so much with these things.

One of the issues is that we worry about the things that are outside of our control and fail to trust the only One truly in control.

Jesus speaks to this issue of worry and anxiety.

Apparently, it was an epidemic during Jesus' day as it is in ours. Listen to what He says,

Luke 12:22-31

And he said to his disciples, "Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest? Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith! And do not seek what you are to eat and what you are to drink, nor be worried. For all the nations of the world seek after these things, and your Father knows that you need them. Instead, seek his kingdom, and these things will be added to you."

First, we are told repeatedly in scripture, **DO NOT BE ANXIOUS**.

Whether we like it or not, worrying is sin because it is essentially a lack of faith/trust/belief in God and is rooted in a false understanding or belief in who God is.

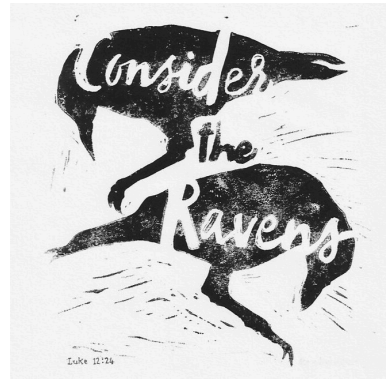
This is why Jesus says, "O you of little faith" and "all nations of the world seek after these things."

As followers of Christ, our faith and dependance should be in the Lord. All the nations of the world concern themselves with these things, but we ought to be concerned about and seek His kingdom first—and these other things will be taken care of.

Consider the ravens.

They neither sow nor reap. They don't have barns and storehouses that they build up in case of a rainy day.

Yet, God takes care of them.



Please don't think that I've got this all figured out and NEVER struggle with stress, anxiety or depression. I have and I do, but the Lord is sanctifying me and helping me trust Him more every day.

So, the next time you are dealing with a bout of anxiety and depression, remember these truths:

The Lord knows your needs (vs 30).

The Lord is the One in control (vs. 25-26).

The Lord promises to provide (vs. 28).

The Lord cares for you (vs. 24).

Then, repent and pray the prayer of the man who brought his son to Jesus in Mark 9,

Mark 9:24

"I believe; help my unbelief!"

Maybe if we do this and believe these truths, the anxiety meds would be less needed, there would be less depression, and the suicide rates would drop.

So, consider the ravens, and put your faith and trust in the Lord.

Derrick Marrs
Ministry Director

P.S. (check out our new podcast episode via the links below where JT and I dive into this topic a little deeper.)



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STOP & CONSIDER
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