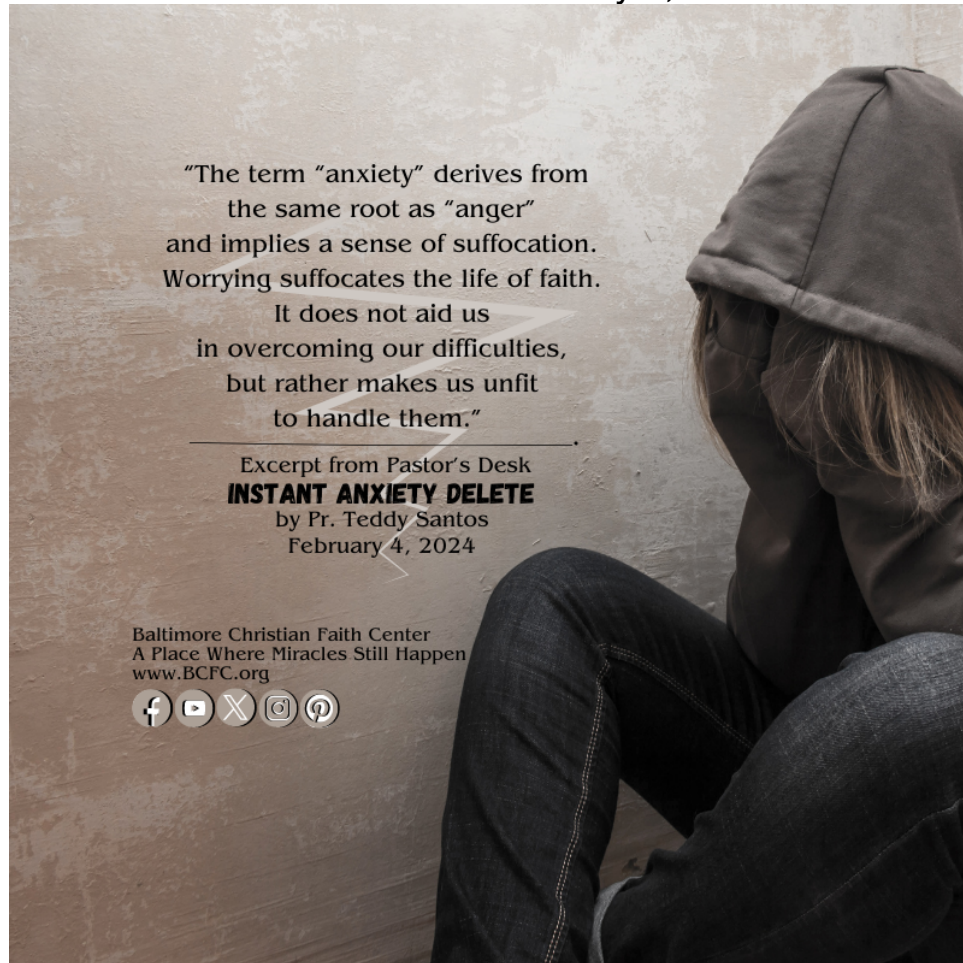


# INSTANT ANXIETY DELETE

Pastor's Desk – February 4, 2024



"The term "anxiety" derives from the same root as "anger" and implies a sense of suffocation. Worrying suffocates the life of faith.

It does not aid us in overcoming our difficulties, but rather makes us unfit to handle them."

Excerpt from Pastor's Desk  
**INSTANT ANXIETY DELETE**  
by Pr. Teddy Santos  
February 4, 2024

Baltimore Christian Faith Center  
A Place Where Miracles Still Happen  
www.BCFC.org



**Philippians 4:5-6** *"5 Let your gentleness be known to all men. The Lord is at hand. 6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God"*

The term "anxiety" derives from the same root as "anger" and implies a sense of suffocation. Worrying suffocates the life of faith. It does not aid us in overcoming our difficulties, but rather makes us unfit to handle them.

The Word of God says: *"No weapon formed against you shall prosper, And every tongue which rises against you in judgment You shall condemn. This is the heritage of the servants of the LORD, And their righteousness is from Me," Says the LORD*" Isaiah 54:17.

Additionally, the Word proclaims in **Isa 33:16**, “**He will dwell on high; His place of defense *will be* the fortress of rocks; Bread will be given him, His water *will be* sure.**”

The Lord is at hand! Practice the Presence of God! Hold fellowship with Him. In business or the daily grind, lift your heart for a moment into His presence. There is a significant difference between faith and intellectual expression, which we must rise above and enter a personal, intimate fellowship with Him. God will perfect what concerns us; His goodness and mercy are endless. Instant anxiety delete!

At His service,  
Pr. Teddy Santos