



Be Still

MY ANXIOUS HEART

Deuteronomy 31:1-8 (Pg. 211)

Then Moses went out and spoke these words to all Israel: “I am now a hundred and twenty years old and I am no longer able to lead you. The LORD has said to me, ‘You shall not cross the Jordan.’ The LORD your God himself will cross over ahead of you. He will destroy these nations before you, and you will take possession of their land. Joshua also will cross over ahead of you, as the LORD said.

And the Lord will do to them what he did to Sihon and Og, the kings of the Amorites, whom he destroyed along with their land. The LORD will deliver them to you, and you must do to them all that I have commanded you. Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.”

Then Moses summoned Joshua and said to him in the presence of all Israel, “Be strong and courageous, for you must go with this people into the land that the LORD swore to their ancestors to give them, and you must divide it among them as their inheritance. The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

Joshua 1:1-2:1

After the death of Moses the servant of the LORD, the LORD said to Joshua son of Nun, Moses' aide: "Moses my servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them—to the Israelites. I will give you every place where you set your foot, as I promised Moses.

Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates —all the Hittite country—to the Mediterranean Sea in the west. No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.

“Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”

A close-up photograph of two hands cupped together, holding a large amount of fine, white sand. The hands are positioned on the left side of the frame, with the fingers slightly curled. The sand is piled high, filling the palms and spilling slightly over the edges. The background is a soft, out-of-focus view of a beach with more sand and some distant, blurry figures of people. A semi-transparent orange banner is overlaid on the right side of the image, containing the text.

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“Be Strong and Courageous”

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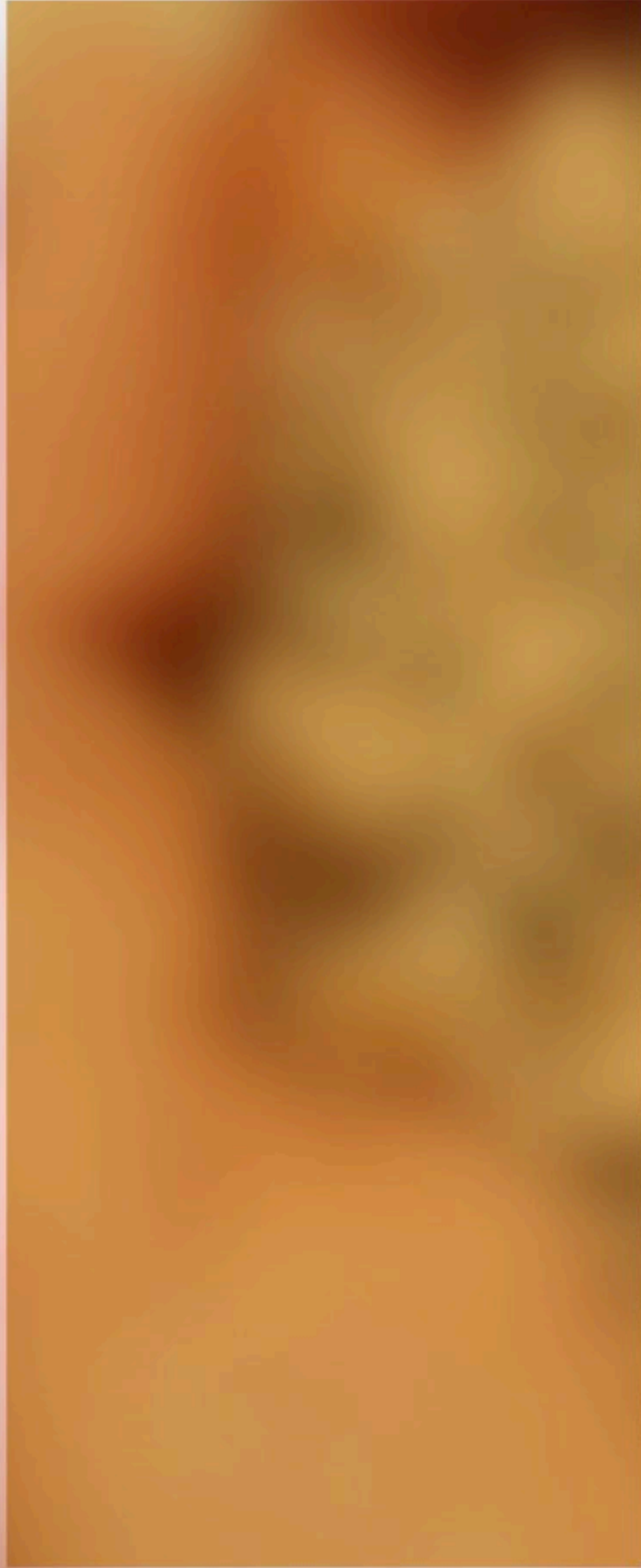
It is a matter of action. What is fear and anxiety keeping you from?

Courage

1. The ability to do something that frightens one
2. Strength in the face of pain or grief

Synonyms:

Bravery, courageousness, pluck, pluckiness, valor, fearlessness, intrepidity, nerve, audacity, boldness, heroism, gallantry.



What are the tools to press on through anxiety?

Great examples – Moses

Genuine sense of Divine Presence

**Germinate (begin to grow) through meditating
on Scripture**

Great examples – Moses

Deuteronomy 31:7,8

Then Moses summoned Joshua and said to him in the presence of all Israel, “Be strong and courageous, for you must go with this people into the land that the LORD swore to their ancestors to give them, and you must divide it among them as their inheritance. The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

Great examples – Moses

William Wallace (From Braveheart)

“Aye, fight and you may die. Run and you'll live -- at least a while. And dying in your beds many years from now, would you be willing to trade all the days from this day to that for one chance, just one chance to come back here and tell our enemies that they may take our lives, but they'll never take our freedom!!!”

Genuine sense of Divine Presence

Joshua 1:5

As I was with Moses, so I will be with you; I will never leave you nor forsake you.

**Germinate (begin to grow) through meditating
on Scripture**

Joshua 1:8

***Keep this Book of the Law always on your lips;
meditate on it day and night, so that you may
be careful to do everything written in it.***

Bible Museum Washington DC



A pair of hands is shown from the palms up, cupped together and holding a large amount of fine, white sand. The sand is piled high, filling the space between the fingers. The background is a blurred, bright white surface, likely a beach or a large pile of sand. The lighting is soft and even, highlighting the texture of the sand and the skin of the hands.

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Joshua 24:14-15

“Now fear the LORD and serve him with all faithfulness. Throw away the gods your ancestors worshiped beyond the Euphrates River and in Egypt, and serve the LORD. But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD.”

A pair of hands is shown from the palms up, cupped together and holding a large amount of fine, white sand. The sand is piled high, filling the space between the fingers. The background is a blurred, bright white surface, likely a beach or a large pile of sand. The lighting is soft and even, highlighting the texture of the sand and the skin of the hands.

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