

## HOW TROUBLED ARE YOU?

British people are more worried today than they have been since the days of WW2. One informed commentator reckons that at least one third of the population suffers from some form of anxiety stress. He estimates one person in every three has what he called a 'distinctly troubled heart'!

Research found the reasons for this range from anxiety about terrorist related attacks, HIV/Aids, street muggings, local gangs of hoodies, to noisy neighbours and Alzheimer's syndrome as we grow older!

Each one of us have our own secret fears that produce what our expert calls a 'troubled heart'.

So what is it that troubles you?

For many thinking people the greatest fear that troubles their heart and conscience is fear of the future. What is going to happen to them when they die?

Of course they do have grounds for such a troubling thought because the Bible, God's Word, warns, "it is appointed for man to die once, and after that comes judgment" Hebrews 9:27

Yet in spite of such a troubling thought there are some people who have trouble-free hearts! For example, I know someone who has a distorted aorta that could burst at any moment but lives with no fear of death or its consequences! Why is this?

The answer is they have obeyed the command of Jesus Christ who said, "Let not your heart be troubled, you believe in God believe also in Me" John 14:1.

Yes, they have confessed their sin, repented, and put their personal faith in Jesus Christ the Lord, who bore the sins of guilty sinners when He died for them upon the Cross. The result of their faith is a trouble-free heart.

What about you?