

## Anxiety

Anxiety, stress, worry, nervousness or whatever name we put on those feelings, we all have them and we all deal with them. For the purposes of this lesson, most of the time the word anxiety will be used, but one could easily substitute other words and get the same meaning. We all get anxious sometimes, but some of us get anxious a lot. Feelings of anxiety over an upcoming test, promotion, or big event are not unusual at all. Feelings of anxiety that come and go over a short period of time are part of life and nothing to be concerned about. Sometimes we even grow because we are faced with some obstacle and overcame it, or gave it our best shot even though we came up short. When anxiety becomes more of a way of life that takes over each day and makes one miserable is altogether different. This is not healthy or good for us. What does the Bible have to say about these feelings? Hopefully, in this lesson we can come to understand that God does not want us to have a life filled with constant anxiety.

## Scriptures

**Psalms 32:8-10** “I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye. Be ye not as the horse, or as the mule, which have no understanding: whose mouth must be held in with bit and bridle, lest they come near unto thee. Many sorrows shall be to the wicked: but he that trusteth in the LORD, mercy shall compass him about” If one will be obedient to God, some of the world’s pitfalls can be avoided. Even when we do have difficulties, if we let God instruct and teach us, we can know we are on the best path we can be on with our lives. Difficulties will happen in everyone’s life but those who live an obedient life to God know that His mercy is there for us. This is very comforting even in difficult and anxious times.

**Psalms 34:14** “Depart from evil, and do good; seek peace, and pursue it” Clearly, a life following God means departing from evil. A life of peace and seeking to do good will not be anxiety-free but is easier and less anxiety-provoking than a life given to the pursuit of things that are not good for us such as drugs, alcohol, gambling, etc.

**Matthew 6:25-34** “Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof” These verses speak directly to anxiety and teach us how to deal with it. If one is obedient to God, we are not

promised a perfect anxiety-free life but rather that putting God first and seeking His kingdom as our first priority does help us cope with life and keep things in perspective. A godly person will be anxious sometimes, but they will not be eaten up with it because they know this life is just temporary and a Heavenly home is waiting. Life will have ups and downs no matter who we are and how we live, but we can control how much time we spend being anxious about things we have no control over. Hours and hours of anxiety over something we cannot change is useless. Do what you can and move on. This is easier said than done but with God first in our lives, it can be accomplished and we will be spending less time filled with anxiety.

**John 14:1-4** “Let not your heart be troubled: ye believe in God, believe also in me. In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also. And whither I go ye know, and the way ye know” God does not want us to be filled with anxiety. He loves us and has a home waiting for us if we live the life He requires. It is comforting to know that nothing that can ever happen on this earth can take away our eternal life in Heaven if we are obedient. It is 100% in our ability to get there. Sometimes life is anxious and hard, but God gives our life a purpose and eternal salvation if we follow Him.

**John 14:27** “Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid” We will all have anxious times but when we have our priorities right and God is first, these things are fleeting. If I am obedient to God, this world might get me anxious sometimes but it cannot destroy my soul.

**Philippians 4:6-7** “Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus” A Christian can take their anxieties to God in prayer and ask for strength to be at peace. This does not mean all your anxiety will go away, but rather your life is not consumed by worldly cares.

**Philippians 4:13** “I can do all things through Christ which strengtheneth me” and **Hebrews 13:6** “So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me” Mankind and this world can not destroy the soul of a faithful Christian, so no matter what anxiety and trials we have here, in the end we can spend eternity in Heaven. Christ is with Christians unless we walk away from Him.

**1 Peter 5:6-7** “Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you” Christ loved us so much that He died for us. Let that sink in. You are so loved by Christ that He suffered and died for you! Be humble and realize no matter what difficulty you face, if you are obedient to God, He has mercy.

**1 Peter 5:10** “But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you” Remember, for the faithful Christian suffering here on the earth, it is only for a little while compared to eternity with God.

## Conclusion

Anxiety is a normal part of the life of every human being. Life does have its ups and downs but we don't have to let it get us anxious all the time. We can control how much time we spend lost in anxiety. A Christian will find that a life obedient to God will help them in the difficult times to cope and focus less of their energy on anxiety.