

## ANXIETY (Part 1 of 2)

If you were to look the word “anxiety” up in a dictionary, you would find a meaning something like this: A state of uneasiness; apprehension; worry; intense fear or dread that lack a specific cause.

I understand why the world is stressed. I understand why people worry. I understand why people have panic attacks. I understand why people take drugs and drink and go on eating binges and wild shopping adventures to fill their minds with other thoughts. It has been said, “We are living in an anxiety-ridden culture. And the amazing thing about it is this is the most indulged, the most lavished society ever, this is the most comfortable society ever, this is the society that has the most but it seems to be the most anxious-ridden, stressed out, panicked culture ever. We have a massive medical world that exists to do nothing but help people with stress. No worry goes unnamed. No worry goes undefined. No worry goes uncatalogued. No worry goes undiagnosed. And no worry goes unmedicated. They just go unrelieved. People lived with anxiety. They live with worry. They live with stress. But it’s so common that we don’t even talk about eliminating it. The term is “to manage it.” You take a course, go to a seminary, listen to a lecture, buy a tape on stress management, like it was a baseball team, needing a manager or production line.” Stress has become big business! Just go to some of the university websites and you will see this.

I am told that the word “worry” comes from an old German work (wyrgran) which meant to choke or strangle. That’s a good definition, isn’t it? The German’s were concerned about mental strangulation through fear and anxiety and stress and worry.

“Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all thoughts are drained” (Author unknown).

Now, when you think about it, there are only two realms in which worry can come. First, there is the physical realm, or what may be referred to as the material realm. Second, there is a heavenly realm, or what may be referred to as the immaterial realm. Anxiety can only be a result of one of the two, or a combination of both.

Christian’s are often plagued by anxiety. Their anxiety pulls them down, and they feel embarrassed and ashamed. I feel sure, that Christians who are filled with anxiety, worry because they don’t know what God has promised. One of the greatest ways that Satan destroys a Christian’s victory is to limit the knowledge of God’s Word in their life. And this limited knowledge can cause great anxiety in a troubled world. An anxiety brought on because of ignorance. This is why Bible reading and church is so important – learning about God and His promises can lead to a better quality of life.

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