



## ~ Cure for the Anxious Heart ~

***“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” – Philippians 4:6-7***

According to the National Institute of Anxiety and Stress, Inc., anxiety disorders affect about 40 million American adults age 18 years and older. That's about 18% of the population in a given year. Anxiety disorders are the number one mental health problem in America, surpassing even depression in numbers. In addition, women are twice as likely to be afflicted with anxiety than men are. Anxiety disorders cost the U.S. workplace \$46.6 billion annually; 88% of this figure is from lost productivity.

Anxiety affects our whole being. It affects how we feel, how we behave and has very real physical symptoms. It feels a bit like fear but whereas we know what we are frightened of, we often don't know what we are anxious about.

So where does all this anxiety come from? It can factor from many things, but the biggest prognosticator is stress in our lives. When we experience changes in our lives out of our control, it produces fear. We can also make ourselves anxious with "negative self-talk" - a habit of always telling ourselves the worst will happen.

Fear and anxiety is a real battle in our sinful world. Fear does not originate with God. 2 Timothy 1:7 says, “For God has not given us a spirit of fear, but of power and of love and of a sound mind.” God’s Spirit brings peace, joy, and love. Fear originates with satan and can be overcome by the power of Jesus.

So, where do we start? The first step is faith and trust. We must trust that God’s plan for us is good and we can trust our chaos into His hands even though we might not know or see the full path God will use to lead us out of it. Jeremiah 29:11 says, “For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.” It’s almost like God feels He must remind us that He really truly wants the best for us and that trusting in Him won’t take us down a path that will destroy us. That is satan’s lie in a nutshell – “you have to take matters into your own hands to live a better life”. The problem with this theory is a life separate from God is a life of destruction. We don’t have all the answers or knowledge and when we run into major obstacles beyond our control, fear and anxiety take over.

God has promised that if we trust Him completely in the midst of our pain, our problems, our circumstances, He will lead us thru. He hasn't promised roses and smooth sailing around every bend, but according to Philippians 4:6-7, He does promise to give us peace thru them.

Philippians 4:6 says, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God." First, we are told not to worry. God has it all under control. Instead, we are to lay all our burdens and needs before God with prayer and intercession with **thanksgiving**. This means we are to pray with expectation. We are to believe that *"God shall supply all your need according to His riches in glory by Christ Jesus."* (Phil. 4:19)

When we do this, then the Spirit of Jesus fills us with His peace and according to Philippians 4:7 *"the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."* Imagine! God's peace actually guards your heart and mind! That's reassurance!

King David knew well the affects of anxiety. But he also came to understand how to overcome it. He wrote, "In the multitude of my anxieties within me, Your comforts delight my soul." – Ps. 94:19 God's promises in His word are just as reassuring for us today as they were for King David. Don't let another day go by without seeking the help of your most sympathizing friend. The peace of Jesus is a promise for us today. Let Him take the anxious thoughts from you today and fill you with His presence as you read and believe the promise of His word for your life today.

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