



Dealing with issues of Anxiety

Even amongst most Christians the Bible is used as a last resort and not the first resource to consult when confronted by issues of anxiety. The job search can produce various levels of anxiety based upon a person's maturity and spiritual walk.

Too often Christians will "consult" or request "advise" from the world as a first reaction to experiencing anxiety. This worldly advice can originate and be compounded by friends, relatives and media. Generally this advice is taken whether or not the person giving the advice has successfully learned to manage or cope from their experience(s).

Ask yourself before taking the advice: What has this person learned from their experience(s)? Are they successfully managing their issues? Are they using the experiences as an excuse or a crutch whenever these issues return? Do they just complain without a solution? Do they suggest that you seek the Lord in prayer and study His Word?

I encourage you to seek what the Word has to say first (see scriptures bellow) while you are seeking the Lord in prayer. Pray for discernment and how best to manage/solve your anxiety issue. While reading and studying the scriptures below, read them out loud for increased emphasis. Let the Holy Spirit speak to you providing comfort, peace and rest. Cast your cares upon the Lord and thank Him for what He has done and continues to do in your life. The Lord Jesus Christ; what a team!

Matthew 6:25-34

25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life? 28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all

these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Proverbs 3:5-6

5 Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.

Philippians 4:6-7

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Luke 12:24-34

24 Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! 25 Who of you by worrying can add a single hour to your life? 26 Since you cannot do this very little thing, why do you worry about the rest? 27 "Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. 28 If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! 29 And do not set your heart on what you will eat or drink; do not worry about it. 30 For the pagan world runs after all such things, and your Father knows that you need them. 31 But seek his kingdom, and these things will be given to you as well. 32 "Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. 33 Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. 34 For where your treasure is, there your heart will be also.

Matthew 11:28-30

28 "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

John 14:27

27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Colossians 3:15

15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

2 Thessalonians 3:16

16 Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.

Psalms 55:22

22 Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.

Proverbs 12:25

25 Anxiety weighs down the heart, but a kind word cheers it up.

1 Peter 5:6-8

6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you. 8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Psalms 23:4

4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Hebrews 13:5-6

5 Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." 6 So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

Psalms 56:3

3 When I am afraid, I put my trust in you.

Romans 8:38

38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers

Amen



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