

Anxiety: Causes and Cures (obviously from a *biblical* perspective)

Last Wednesday (07-20-21), I wrote and published online and on our website an article on "Anxiety" based on Prov.12:25, "*Anxiety in the heart of a man weighs it down, but a good word makes it glad.*" This lesson is a companion piece to it.

What Causes Anxiety?

1. **Care.** People who really don't *care*, or can't *empathize*- aka psychopaths in some instances, don't really have anxieties, cf. 1Cor.12:25. On the other hand...
2. **Caring too much-** disproportional caring, or caring too much about too many things. Have you ever known/been a person who literally wore himself/herself out because they were over-committed? How did they get to such a place? Cp. 1Thess.4:11 and 2Thess.3:11-13.
3. **Ignorance-** Not Knowing/Understanding. We get especially anxious when we don't know what it is going on or why it is happening, cf. Ex.14:10-14. Knowledge and understanding, however, calms us, Ex.14:15,21-22.
4. **Lack of Preparation.** My mother always seemed to have not only a "Plan B," but a "C,D, and E" as well! Even so, she still managed to worry... about everything. Dad, by contrast, seemed to never really worry about anything. "It'll be alright" or "work out one way or another." I think he figured she worried enough for the both of them. If calm confidence comes from being well-prepared, surely the lack thereof produces anxieties. But some "exceptional" individuals still manage to worry even when well-prepared. If *lack of preparation* causes you anxiety, prepare; then, stop worrying!
5. **Lack of Control.** Do you always feel the need to drive instead of simply being a passenger in a vehicle? If the lack of personal control causes you anxiety, perhaps you ALSO have *control issues*. The phrase "Let go and let God" is, for them, problematic, cf. Matt.6:24-34.

What Cures Anxiety? "*Cease striving* (*"be still,"* KJV) and know that I am God," Psalms 46:10a.

Let's break this down a bit to be sure we really understand what it says/means:

1. **Cease striving** or **Be still-**

- The Hebrew word *raphah* literally means to *hang limp- as muscles completely relaxed* and/or *lack tone or strength to react or move*; thus metaphorically, it means to *let go, drop, or stop*, cf. Ex.4:26. "*Striving*" is added by the NASB translators, and those of the KJV render it as "*Be still*"- but literally it means to **stop/drop/let go of everything**. Just STOP *moving, talking, texting, endlessly scrolling, fidgeting, doubting, moaning, complaining, questioning, arguing, et al.* Just "STOP." God is here doing to us what we do to toddlers/teenagers/anyone who isn't listening. Just "stop/drop/let go"- so you can focus, hear, and understand.
- Most medical issues are easily solved once the *cause* has been identified. If a lack of Calcium is causing brittle bones or other symptoms, simply

adding more Calcium resolves the issue. **Identify** what *causes* your anxieties. If it is *too much caring*, start *leading a "quiet life"* (i.e. *turn off or tune out* the anxiety-producers) and concentrate on *"attend(ing) to your own business,"* 1Thess.4:11. If it is *ignorance/lack of understanding*, give *"diligence to present yourself a workman who does not need to be ashamed (or anxious!), handling accurately the word of truth,"* 2Tim.3:15. If it is *lack of preparation*, see previous and realize that when you've done what God requires, He'll provide the rest, Matt.6:33. If it is *lack of control*, just STOP and realize how very little you actually control in the first place, Matt.6:27! To even begin to *cure our anxiety*, the first thing we're going to have to do is *stop/drop/let go* of those things that are producing it!

2. **Know-** Notice Ps.46:10 didn't say "Spend ten minutes on a Google search and countless hours on social media espousing your new-found 'knowledge'." Neither did it say to *doubt* (cf. Jas.1:6b), *question* (cf. 2Tim.2:23), or *have an opinion* (cf. Luke 9:46-47; Rom.14:5). Please listen carefully: If God didn't say it, you don't KNOW it to be true! Therefore, when anxieties creep into your head, dispel them with what you KNOW to be true from the Word of God, 1Tim.6:20-21; 2Pet.1:3.
3. **That I am God-** God is *almighty*- you are *not*; God is *in control*- you are *not*; God is THE *hope* of humanity- you are *not* (nor is any other person), God is the *rock/fortress/sustainer* of the world- you are *not*; God is the *Father*- you are the *child*; God is *Shepherd*- you are a *sheep*; God will *lead*- you must *follow*; God will *feed, clothe, protect, and provide*- you must *"seek first His kingdom and His righteousness,"* Matt.6:33. Put your *faith*, your *hope*, and your *trust* in Him; and stop putting *your faith* in yourself/others; stop putting your *hope* in yourself/others; stop putting your *trust* in yourself/others. **Know that He is God, Psalm 46:1-11!**

Conclusions:

- A. **Cease Striving / Be Still-** Just *stop*; listen, and watch, 1Sam.3:9; Ex14:13-14;
- B. **Know-** Don't *question* or *doubt*; be *fully convinced* in your *mind* and *heart*, cf. Heb.11:1,6;
- C. **He is God-** not *you*, not *science*, not *anyone* or *anything*. *"To you it was shown that you might know the Lord, He is God; there is no other besides Him,"* Deut.4:35. Therefore,
- D. **"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 comprehension, shall guard your hearts and your minds in Christ Jesus,"** Phil.4:6-7.