



Anxiety

Anxiety always has a root cause. Anxiety will not exist without an underlying cause.

*Over 40 million adults in the United States suffer from the mental illness called anxiety – that’s 18% of the total US population.**

Sadly, one in eight children also has anxiety disorders. Depression is one of anxiety’s best friends. Nearly half of the adults with the mental illness of anxiety also suffer from depression.

Something’s wrong! We are a Christian nation, filled with church-going folks seeking a fulfilling, spiritual life.

Christians suffer with anxiety



just like non-Christians. If enough people addressed the primary issue causing their anxiety, those percentages would drop dramatically. All too often, only the symptoms are treated, leaving the real reason for anxiety untouched. In my experience, I’ve seen that most people already are in touch with their own problem areas, personal issues, thus giving them enough information upon which to begin their deliverance. Call it a starting point.

If you know you have a drinking problem, and you do know if you’ve suffered for years and caused others to suffer as well, you know exactly where to start. Address the drinking problem.

If you have a sexual problem, and you know if you have suffered and caused others to suffer for years because of inappropriate or decidedly wrong sexual behavior, you know exactly where to start.

If you have a gambling problem, and you know if you have suffered and caused others to suffer for years because of gambling, you know exactly where to start.

If you know your starting point, wouldn’t it make sense to stop

Anxiety

blaming others for your lack of godliness and then to start the repair process? Why do people wait so long to live a fulfilling life? Some wait until it's too late. John Folk, of anxietycenter.com, states that *“people live more anxiously than others because of the unhealthy behaviors they have learned.”* I couldn't agree more. Bad behavior breeds bad thoughts and bad feelings. To be delivered from anxiety, the afflicted must first decide to stop doing the bad acts like drinking, bad sexual conduct, gambling, and the list goes on.

Bad feelings indicate that something is wrong, possibly, terribly wrong, in one's life. Once the behavior has been changed, or completely stopped, the reason for the bad feelings departs as well.

Perhaps the ones who suffer the most are those who live with the afflicted. That's a bold statement, especially if read by someone with anxiety. But, think about it. If you are anxious, you act out, don't you? You feel badly, and, consequently, act badly. You bring your fears to the forefront and expose them to those around you. If you do this, day after day, you must agree that those in your presence, day after day, feel the brunt of your fears and pain. If not for your sake, then why not for the sake of others, don't you change your actions so that your pains disperse? Easier said than done, you say. At a time in my life, I said the same thing, but not anymore. *I consider it a grave injustice if I abuse another person because I chose to act in an ungodly fashion. I am wrong for mistreating, abusing others.*

Hidden secrets make you sick! Excuse me? Hidden secrets make you sick! If you are harboring a secret lifestyle, hiding it from your friends, family and others, you are probably sick and in pain. Maybe, you have only mental anguish, but usually the sickness turns physical. Anxiety will turn on you and do its best to cripple you in any way that it can. Then, you'll end up spending your time in doctor's offices, searching for a cure to some illusive issue, unable to abate the problem for long. Once you start taking a medicine for the headaches, let's say, then another problem shows up, and you get on another medicine. If you were to take care of the root cause by addressing the drinking, sexual, or other problem, you could be well on your way to deliverance. Don't hold your secret so close that it makes you sick.

Anxiety

An often healthy way to overcome your illnesses caused by secrets is to divulge your secret to a trusted friend.

If you expose your secret to one other, you will release the murderous weapon of secrecy into the ether, forever freeing you from its grasp.

But, don't expose your problem if you haven't decided to stop the bad behavior. You'll end up making yourself look worse, and possibly harm the relationship with the person you told.

I've taught you three fantastic, anxiety-freeing truths: address the root cause, stop unhealthy behavior, and expose your secret to a trusted friend. That's only the beginning, but it's a marvelous beginning. You will have your fist wrapped around the throat of the evil lurking within you, you will control the fuel you give to

it and starve it to death, and you will lighten your heart from a pain so severe that only you are capable of describing its pain.

Let's do this together with God's Word.

(Jer 17:5-8) Thus saith the LORD; Cursed be the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the LORD. {6} For he shall be like the heath in the desert, and shall not see when good cometh; but shall inhabit the parched places in the wilderness, in a salt land and not inhabited. {7} Blessed is the man that trusteth in the LORD, and whose hope the LORD is. {8} For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall

not be careful [anxious] in the year of drought, neither shall cease from yielding fruit.

The man who trusts in God will not be anxious in the year of drought. Even if drought comes, he shall not cease from yielding fruit.

(Luke 10:38-42) Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house. {39} And she had a sister called Mary, which also sat at Jesus' feet, and heard his word. {40} But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me. {41} And Jesus answered and said unto her, Martha, Martha, thou art careful [anxious] and

Anxiety

troubled about many things:
{42} But one thing is needful:
and Mary hath chosen that
good part, which shall not
be taken away from her.

Martha busied herself because of her anxiety. She was angry with her sister, Mary, because Mary wasn't busying herself about. She, instead, chose the good part, to sit at Jesus' feet to hear him teach.

(Phil 4:4-7) Rejoice in the Lord alway: and again I say, Rejoice. {5} Let your moderation be known unto all men. The Lord is at hand. {6} Be careful [anxious] for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. {7} And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Choose the good!

Much love in Christ,

Jerry D. Brown

*<http://www.adaa.org/about-adaa/press-room/facts-statistics>