

THEME: SEVEN DEADLY CONTROLLERS

TOPIC: WHAT IS ANXIETY?

TEXT: ROMANS 8:5-8, 14, 1 PETER 5:6-7; PHILIPPIANS 4:6-7; JOHN 14:27; MATTHEW 6:34

Introduction

The third of our consideration for the Seven Deadly Controllers is *Anxiety* and today we will be asking the questions; “What is anxiety & why are people anxious?”

The Bible has a lot to say about anxiety, but the word itself may not be found all that often. Instead synonyms like *trouble*, *heaviness*, *distress*, and *cares* are used in its place.

Anxiety is a psychological condition which immediately triggers worry and makes people to react because of the things they are unsure about or the things they are going through. It is a state of apprehension, uncertainty and fear, resulting from the anticipation of a realistic or fantasised threatening event. |

What Are the Physical Signs of Anxiety?

1. It is sometimes not difficult to see or know when a person is anxious or full of anxiety. They breathe heavily, without palpitations, their hearts pound rapidly, possibly because of the scenario that presents itself with fear.
2. Some have tightness of chest, a feeling of warmth or undue heat comes upon them.
3. Some people express anxiety by a sense of weakness all over them. They become dizzy, trembling and sometimes with a dry mouth.
4. Some people express anxiety physically by being sweaty all over. Certainly it results in confusion of mind with several thoughts racing through the mind.
5. Sometimes aches, fatigues and muscle tension follow where there is anxiety.

What Are the Emotional Signs of Anxiety?

God admonished the Christians in Philippi not to worry or be anxious. **Philippians 4:6-7**

1. Sometimes people have tried to not be anxious. However, their actions speak to the contrary. When you are emotionally anxious you become panicky, fearful, and express excessive worry.
1. You become uneasy about matters and at such times you might even exaggerate the consequence of what you think will happen to you.
2. More of the emotional signs are a sense of isolation or a feeling of abandonment. Anxiety makes you feel like you lose control of your life and the situation you are facing. This could result in embarrassment, the feeling of rejection. It could progress into anger at a people who made you anxious, the situation, yourself and all the mistakes you have made.
3. Anxiety could lead to depression and acute self-criticism.
4. Anxiety is eager or agitated desire. **Proverbs 13:12**
5. Anxiety is a sister to worry or undue concern to matters. It is a troubled state of mind. Anxious people are usually apprehensive where they should have felt relaxed or probably see the other side of the matter.

6. Anxiety is an eager and agitated desire or expression of concern.

David became anxious and concerned when his soldiers were talking of stoning him because of the trouble that had come upon them. **1 Samuel 30:6**

7. Anxiety is an unpleasant emotional state consisting of psycho physiological response to anticipation of unreal or imagined danger. Ostensibly it is the result of unrecognised conflicts in one's mind.

Why Are People Anxious?

1. Anxiety could be a product of the feeling of heaviness or when one's mind is burdened with heavy responsibilities.
 - a. a man who is about to lose his job
 - b. a woman who seems to think that her marriage is about to break apart and she is concerned
 - c. a man who goes to an interview and feels that he might not get his desired job.
2. It might also occur because of a distressing sense of oppression. **Zephaniah 1:15**
3. Fear makes a big thing out of a small thing and at such times one's mind becomes very oppressed and troubled.
4. Anxiety comes if you have social phobias for example.
 - a. Some have difficulty managing relationships or being in public places.
 - b. Some cannot handle the feeling you get from addressing a crowd
5. Some have the fear of being embarrassed in social situations and therefore suffer from anxiety. They think they might choke on their words or might not have the right things to say as they stand in public places.
6. The anxious respond with statements of feelings like, "***I can't go alone***". Those who have phobias of darkness or fear of the unknown in dark places would think that unless they have the company of somebody else, something might happen to them.
7. Others might say, "***I cannot do it***". The anxious refuse to take actions, take risks or do the things that may require extra efforts because of fear that they may not do well.
8. The anxious say, "***What if I make a fool of myself***". These crippling statements therefore prevent them from reaching out and achieving. Anxious people may make statements like, "***People are looking at me***". They become very self-conscious and get paralysed emotionally, physically and socially.
9. When anxious people are confronted with challenges they immediately conclude that no one will help them and there will be no way out of what they are likely to face.
10. Some who are supposed to work in a team or with a group of people pull out because they feel that their inadequacies will be immediately noticed.

Conclusion

According to Matthew 6:25-34, Our Lord warns us against being anxious about the various cares of this life. For the child of God, even necessities like food and clothing are nothing to worry about. Using examples from God's creation, Jesus teaches that our Heavenly Father knows our needs and cares about them. If God takes care of simple things like grass, flowers, and birds, won't He also care for people who are created in His image? Rather than worry over things we cannot control, we should "seek first the kingdom of God and his righteousness, and all these things [the necessities of life] will be added to you" (verse 33). Putting God first is a cure for anxiety.