

Anxiety

According to MedicalNewstoday.com, 'anxiety' is a general term for several disorders that cause nervousness, fear, apprehension, and worry. These disorders affect how we feel and behave, and they can manifest real physical symptoms. Mild anxiety is vague and unsettling, while severe anxiety can be extremely debilitating, having a serious impact on daily life.

People often experience a general state of worry or fear before confronting something challenging such as a test, examination, recital, or interview. These feelings are easily justified and considered normal. Anxiety is considered a problem when symptoms interfere with a person's ability to sleep or otherwise function. Generally speaking, anxiety occurs when a reaction is out of proportion with what may normally be expected in a situation.

A real, genuine faith requires us to actually believe that God will provide for us. When we take the focus off of us and what we can do, it makes trusting in God and what He can do much easier. Anxiety is all about you and nothing about God. That is why we are commanded to stop being anxious. In Philippians 4:6-8, the bible says "Do not be anxious about anything, 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 your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

God has a plan for every step of your life. Anxiety is only a stumbling block and a hindrance to walking the path that God has set for you. If you are feeling uncontrollably anxious, and need to speak with someone, please email care@cascadeumc.org. If you need to share your thoughts immediately, contact the church office at (404) 691-5770 during office hours. After 6:00 p.m. and on weekends, contact our on-call Pastor at (404) 313-4225.