

Anxiety

Definition

Anxiety is a feeling of uneasiness, apprehension, or fear that something is wrong or something harmful is going to happen. There are many legitimate reasons to be afraid. However, when anxiety robs us of our confidence and trust in God, it becomes unbelief.

Problem

When was the last time you didn't feel worried? Some of us can look back to childhood and remember lots of carefree days when we had less responsibilities. However, some of us had childhoods where we worried all the time. Maybe our parents taught us by their example how to be anxious. Or maybe the situation we grew up in was not good and caused us to be afraid. All of us deal with anxiety at some level. Not all fear is bad. If a bear is chasing you, it's good and right to feel afraid. It's even good to have a healthy fear of the infinite power and majesty of God. Psalm 111:10 says, "The fear of the Lord is the beginning of wisdom; all those who practice it have a good understanding." *When does fear become bad?* Anxiety becomes bad when it is misplaced or out of proportion. The big problem with anxiety is not that we can be annoying when we worry, or waste a lot of time fretting. The true problem is what our anxiety expresses: a lack of trust in God. Fear becomes unbelief when we allow it to overshadow our trust in God as a Father who cares about us, provides for us, and protects us. When it gets out of control, we effectively tell ourselves and others that He is not really good, or maybe not even there at all.