What is Anxiety? By Eddie Walker

Having worked with Single Adults for many years, I have noticed one area of life all of us have to deal with on one level or another. The word is anxiety. There are many reasons our lives can fall under the trap of the responses to this word. Singles that is precisely what they are, responses.

What is anxiety anyway? It's imaginative threats in our lives. We have to realize that Satan uses anxiety as a weapon in our lives. Yes, we know that Doctors and Pharmaceutical Industries are making billions in prescribing medications to treat anxiety, depression, etc. Yet, the Bible is very relevant to our problems today. The Lord tells us all how to handle issues like anxiety in our lives. In ***Philippians 4:6, Paul writes, "Do not be anxious about anything but in everything, by prayer and petition, with thanksgiving, present your requests to God."***

You know I feel like I'm a big boy, but I will tell you this, Eddie Walker can get a case of anxiety now and again. I'm like everybody else. Maybe even worse than most people. Over the years, God has given me more wisdom in knowing when those moments happen in my life. I need to find a place to get alone and pray before I act out or react in a way that does not become a mature Christian man. I have had to battle anxiety all my life, even as a child. But, I'm a witness to you today that prayer changes things. It calms me; it sets me on a different path. It cools my jets (if you know what I mean?)

Jesus wants us to come to Him when everything else in our life seems rattled. Not after we have done damage to people and told somebody off or have done a knee-jerk reaction to things in our lives; Lord*, help us to see your willing hands in our struggles. In our anxiety and moments of total frustration, help us to know you are there waiting to calm us, take our hands, and lead us where you would have to go in our actions and responses. Help us, Lord, to show more of you and less of us in our daily walks. In Jesus' name. Amen!*

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