



## God's Answer to Fear, Worry, and Anxiety, Part 2

Proverbs 12:25 says, "Anxiety in the heart of man causes depression." How insightful is that statement? Experts tell us the prevalence of anxiety across the country and around the world has reached a crisis level and it continues to grow, especially among young people. A recent Pew Research Poll revealed that teens see depression and anxiety as their number one problem. It ranks above bullying, drugs, alcohol, poverty, teen pregnancy, and gangs. And so we're filled with anxiety and worry, and it's something that we need to learn how to handle.

### Practical Principles

1. You are not alone in your suffering. You have a family of believers all over the world and many of them are going through the same kind of suffering you are. It's good to talk to them about it. That is why the church community is so important.
2. You need to give your burdens to God. The Bible tells you to cast all your care upon Him, for He cares for you. The word used for "cast" signifies a definite act of the will by which we stop worrying about things and let God assume the responsibility for our welfare.
3. If you're dealing with depression, anxiety, and fear, take your eyes off of yourself and put them on God. When you take your eyes off of Jesus, you're going to start sinking, just like Peter did.
4. Rejoice in the Lord no matter what you're going through. We tend to justify worrying a number of ways, but God commands us to rejoice, regardless of our circumstances or challenges or hardships.

### Relevant Reminders

- You should never isolate yourself and disconnect yourself from other believers.
- God Almighty, the Creator of the universe, is thinking about you right now!
- God is in control of your life and nothing catches Him by surprise.
- One way to deal with being depressed is to do something for someone who has greater needs than you do.

### Applicable Actions

If you're schlepping around a bunch of heavy luggage and someone says, "Can I carry that for you?" your answer would be, "Yes you can, and thank you very much for that." The Lord is essentially saying, "Let Me lift that burden off of you. Let Me help you with that. Let Me carry that thing that you're carrying. Give it to Me." He's not going to take it from you by force. You have to give it to Him. Let the Lord have your burdens, cares, and anxieties.