



## ... Heart to Heart ...

“Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way.” (Psa. 139:23-24) We are people made up with emotions. God gave them to us because God has emotions. Some people are more emotional than others. The problems enter our lives when our emotions begin ruling our thoughts and actions! David asks God to search his heart and his *anxious* thoughts to see if there are any hurtful ways in him. Anxieties can lead one in hurtful ways. Fretting leads one to evil doing (Psa. 37:8). That’s why there is so much teaching on it in God’s word.

Our reactions to situations are defined as “feelings.” However you respond to a situation is how your feelings are about that situation. It becomes your state of being. Anxiety is defined as, “*as state of apprehension, of uneasiness coupled with a sense of insecurity.*” (Webster’s New World Dictionary) Anxiety affects your very being from within. It affects the way you see yourself in those situations. For instance, you come into a situation for the first time that makes you anxious (uneasy and insecure). The next time you face that situation, you become worried and fearful before the situation arrives because of what happened the first time. It controls you from within. That becomes a breeding ground for frustrations, anger and low self-esteem. It burdens you inwardly. Anxiety always puts you in a position that makes you dread the next problem that may come. The worst part, anxiety prevents one from dealing with situations in a proper way. Anxiety affects your ability to deal with the present and the future. ***Anxiety is a response to threats upon your personal world, imagined or real.***

Jesus dealt with the problem of anxiety from man’s perspective and has the solution. “In the beginning was the Word, and the Word was with God, and the Word was God.” (John 1:1) Who is He? “And the Word became flesh, and dwelt among us, and we saw His glory, glory as the only begotten from the Father, full of grace and truth.” (John 1:14) What did He do? He found Himself on man’s level. “Therefore, He had to be made like His brethren in all things, so that He might become a merciful and faithful high priest in things pertaining to God, to make propitiation for the sins of the people. (Heb. 2:17) He was made like us “*in all things.*”

In order to solve the problem of anxiety, one has to see the problem so they can grasp the solution, which is always found in Jesus. More next week. Think about it!!!

Brent