



... Heart to Heart ...

“Anxiety in a man’s heart weighs it down...” (Prov. 12:25) Anxiety is a **response** to things that threaten your world personally. It’s a state of uneasiness, apprehension and a sense of insecurity. It brings on fears.

A lady had a difficult time breathing and it scared her. She went to the doctor and told him about her breathing episode. He found nothing wrong, but she insisted as her fears took control. He prescribed her a vapor spray to inhale, which was nothing more than compressed air mixed with water. It immediately relieved her problem. Anxiety is a **response** to situations.

You’re in a crowd of people that you don’t know. You feel uneasy and anxiety starts setting in. You want to leave. Some think they don’t measure up to the standard of those around, which is directly affecting their self esteem. Others fear they won’t be accepted. You feel alone and insecure. You now are making assessments of yourself and the situation is dominating your inner being. Anxiety is a **response**.

Anxiety will directly affect how you will deal with future problems. You will find yourself spending your efforts and energy to avoid certain situations that made you anxious, which takes you away from learning to live day to day, trusting and leaning on the Lord.

Paul was dragged out of the city of Lystra, stoned by angry people and left him for dead (Acts 14:19-20). After getting himself together, he re-entered the city encouraging the heart of the saints. How did he overcome his fear of that happening again? What if anxiety was part of his life?

Anxiety is what always leads to worry. Worry is nothing more than a cycle of **inefficient thoughts** centered around fears. If we can change our thinking to be Christ centered in all things, anxiety and worries will diminish greatly.

In Matt. 6:19, Jesus said not lay up treasures on earth that deteriorate or can be stolen. If we are laying up our treasures on earth, is that a great cause of anxiety? Our recent turn of the century brought on anxieties in many because they thought they would lose their savings and treasures they had stored. Is everything deteriorating? We buy a new car and what happens? It starts deteriorating immediately. Are some fearful of losing what they have? If we store up treasures in heaven, nothing deteriorates or can be stolen. Jesus reminded them, “For where your treasure is, there your heart will be also.” (Matt. 6:21) Anxieties enter our lives because of what our hearts are attached to. This is a principal from God that everything will follow. What your heart is attached to, that’s where you will draw from in your responses! More next week. Think about it!!!