

## TROUBLED HEARTS

*"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."*

John 14:27

I don't know if we've ever talked at length about anxiety here at Living Room, though I know many of you come here specifically because you're dealing with this problem.

My husband has always accused me of having a problem with anxiety, yet I've been in denial. I always believed that the worries and fears I dealt with were normal, something everyone deals with once in a while. But last week something happened that showed how bad my anxiety could be – the pain it could cause. I saw it for what it was.

My church had a big Canada Day Festival, something I always help a lot with – especially as a right-hand for a good friend of mine. Many things came together in my mind and I worried so much about them that I could see that I wouldn't be able to cope at all. It was all anxiety. And then I started feeling guilty for letting people and the church down. I went through so much guilt...and more anxiety as I was afraid of what my friend would think of me. Would she understand? Did I myself even understand? I felt so bad!

- Tell us about some problems your worries and fears have caused you.
- How did you deal with them?

What we need most at times like this is peace. 1 John 4:18 in the J.B. Phillips translation says *"Love contains no fear—indeed fully-developed love expels every particle of fear, for fear always contains some of the torture of feeling guilty. This means that the man who lives in fear has not yet had his love perfected."*

What we need is this "fully-developed love."

- How can we obtain this feeling – of loving Jesus and being loved by Him?

To have a true loving relationship with Christ we need to realize that it's not only important for *us* to spend time with Him; we also need to realize how important it is to *Christ* that we spend time with Him. We're important to Him. He misses us when we don't have a quiet time with Him. (See Zephaniah 3:17)

## TOP TEN WAYS TO TAME YOUR WORRY HABITS

Adapted from *Having a Mary Heart in a Martha World* by Joanna Weaver

1. Determine if you can do anything about your situation. If so, sketch a plan to handle it. (Prov 16:30)
2. Share your concerns with a friend or counsellor. Talking your fears out with someone often reveals solutions that were invisible before. (Prov 27:9)
3. Regular exercise and adequate rest can defuse a lot of worry. When our bodies are healthy, our minds can handle stress better and react more appropriately. (1 Cor 6:19-20)
4. A guilty conscience can cause more anxiety than a world of problems. Do your best to live above reproach. Take care of mistakes quickly by confessing and seeking forgiveness. (Acts 24:16)
5. Consciously focus on what is good around you. Don't let yourself speak negatively, even about yourself. (Eph 4:29)
6. Be realistic about the problems you face. Try to live in the "here and now" not in the "what might be." (Is 35:3-4)
7. Prepare for the unexpected. Put aside a cash reserve and take sensible measures so you'll be ready if difficulties arise. (Prov 21:20)
8. Trust God. Keep reminding yourself to put God in your equation. Then, when fear knocks, you can send faith to answer the door. (Ps 112:7)
9. Meditate on God's promises. Scripture has the power to transform our minds. Look for scriptures that deal with your particular area of anxiety. Answer life's difficulties with God's Word. (2 Peter 1:4)
10. And the number one way to tame a worry habit? *Pray!*

Joseph M. Scriven's hymn, *What a Friend we have in Jesus* says it all:

*O what peace we often forfeit,  
O what needless pain we bear,  
All because we do not carry  
everything to God in prayer.*