



ANXIETY

Im going to be transparent and share about one of
the major struggles in my life.

Anxiety

Anxiety has been a life long challenge for me that
was instilled in me a long time ago.

One of my main weaknesses is
generalized chronic anxiety.

Sometimes that anxiety can trigger episodes of panic/fear that are overwhelming.

My brain is always in gear:

Who is happy?

Who is sad?

Who is angry?

Who is isolated?

Who is dangerous?

Where are the wolves?

All of this started a long time ago. I don't share about my childhood because it makes me anxious and uncomfortable talking about it.

Everybody has a past.

”The past should be a place of reference not
residence” -Costel

First memory: Dad punching mom in the face and knocking her through the kitchen door into the garage.

7 Yrs. Old: Permanently separated from mother and two younger siblings by divorce.

8 Yrs. Old: Repeatedly sexually molested
by neighbor until we moved.

Beatings and belittling rants whenever dad would snap which was pretty regular.

9 Yrs. Old: Made to eat supper off a plate on the floor like a dog because chewed with my mouth open.

I had ADD before there was a diagnosis ADD.

Teacher called me to the board to answer a math problem. I couldn't do it and the whole class laughed at me and told I was stupid.

Well I was a terrible math student until college where I learned I was pretty good at it.

17 Yrs.: Handcuffed me and punched me in the face until he knocked me out for something I didn't do.

It wasn't all bad.

The last time he came at me I grabbed him by the throat and his gun belt and hip rolled him across the kitchen table and on to the floor.

If you touch me again one of us will not get up.

So my life was filled with guilt, trust issues, anger, and selfishness.

I don't like people touching me.

I do not like to be in crowds.

I have to sit in the end seat at the theater.

Don't raise your voice at me.

Never sit with my back to a door.

Trust no one.

Early Life View

Love all, trust few, do wrong to none.

-Shakespeare

Be polite, be professional, but have a plan to kill
everybody you meet.

-General James Mattis

Anxiety was and is a constant part of my life.

When I met Jesus my eyes were opened.

~~He took all the anxiety away!~~

He called me into full-time service.

Being a Pastor carries a lot of pressure at times.

Pastors generally do not have anyone they can confide in that can be trusted not to use it against them later or share it with ten other people.

The Lord gave me my beautiful and wonderful wife who is my encourager, protector, she let's me sometimes just sit and cry when I have had enough.

As an adult I see ADD as a gift because I have someone to help me manage it.

I also have the wonderful gift of Paul, not the
Apostle but the Deacon.

An Evangelist pulled me aside after a service one day and gave some counsel.

Philippians 4:5b...The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

You just need to have the peace of God and
don't be anxious.

Well, thank you, why didn't I think of that?

I will just run down to Walmart and get a carton
the Peace of God!

I just had one of the deacons at the church I was at
tell me, *I probably needed to quit preaching.*

*They knew I couldn't preach when they hired me
but they thought I would get better and they could
teach me how to be a pastor.*

Philippians 2:25 I have thought it necessary to send to you Epaphroditus my brother and fellow worker and fellow soldier, and your messenger and minister to my need, 26 for he has been longing for you all and has been distressed because you heard that he was ill. 27 Indeed he was ill, near to death. But God had mercy on him, and not only on him but on me also, lest I should have sorrow upon sorrow.

2:28 I am the more eager to send him, therefore,
that you may rejoice at seeing him again, and
that I may be less anxious.

Romans 7:24 Wretched man that I am! Who will
deliver me from this body of death?

Great sermon but you didn't tell us what to do?

You didn't tell us how?

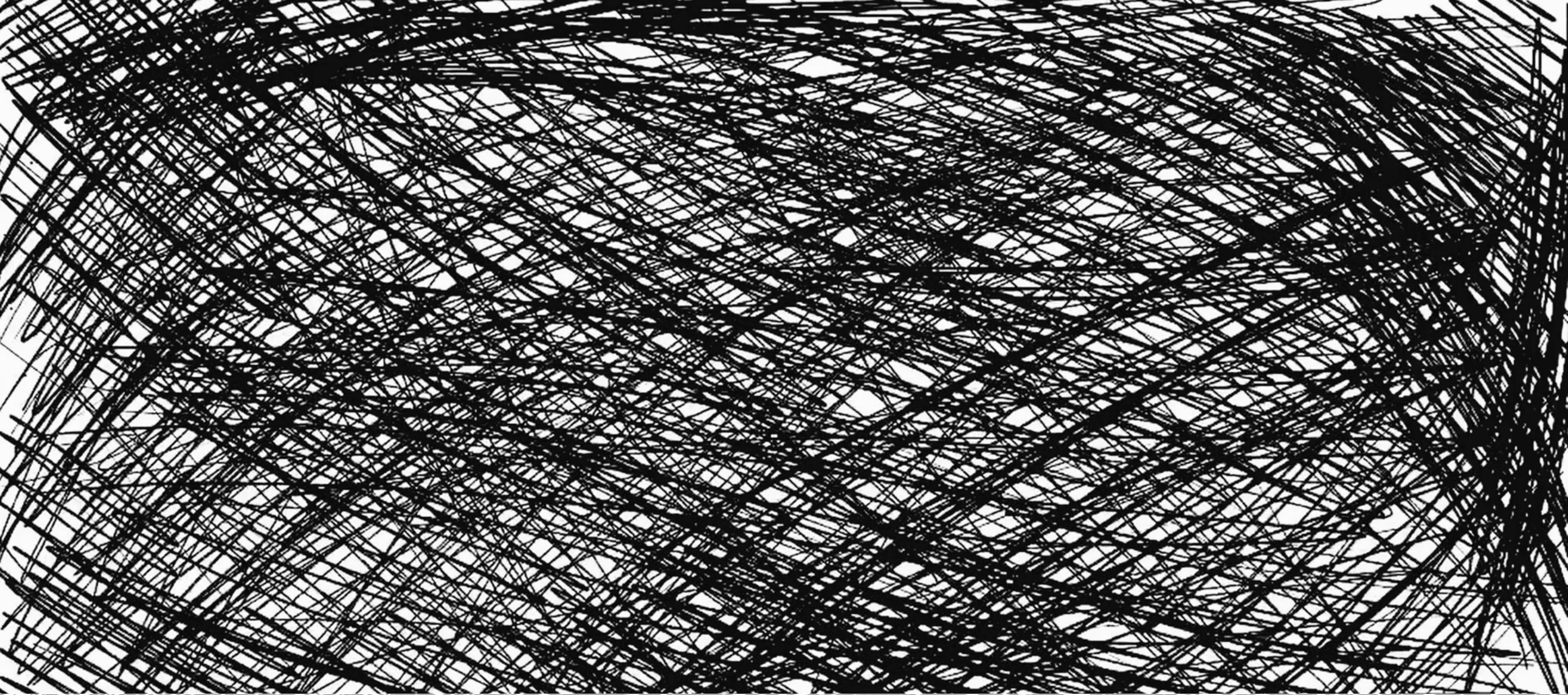
Journal:

What makes you anxious?

Is it chronic or circumstantial?

What is its origin?

What can we do about it?



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