

## March 29th – Anxiety

*“Anxiety in the heart of man causes depression, but a good word makes it glad.”  
(Prov. 12:25)*

Anxiety disorders are the most common mental illness in the United States, affecting 40 million adults ages 18 and older, or 18.1% of the population annually. Those with an anxiety disorder are three to five times more likely to go to the doctor, and six times more likely to be hospitalized for psychiatric disorders. Anxiety disorders are highly treatable, yet only 36.9% of those suffering with anxiety receive treatment. Anxiety disorders risk factors include genetics, brain chemistry, personality, and life events.

Of course, a person doesn't have to be diagnosed with a disorder to suffer with anxiety. Anxiety often surfaces in the form of worry, and people tend to worry about a multitude of things. Whether we realize it or not, worry can have devastating affects to our health – high blood pressure, loss of sleep, lack of appetite, etc. Today's verse tells us that anxiety and worry “cause depression.” Many times we allow ourselves to become defeated simply by the prospect of what might happen.

There is help for all those who suffer with anxiety. First, there is the encouragement of good friends – “a good word makes it glad.” That's all the more reason for us to remain in fellowship with those who love Jesus. Also, God invites us to cast all our anxiety on Him – “casting all your care upon Him, for He cares for you” (1 Pet. 5:7). If you know Jesus as your Savior, then you know God as your Father. Stop worrying and start praying! God's got everything under control!