

## **Anxiety In Christianity: How To Deal With Stress And Anxiety In A Christian Way.**

Believe me speaking Anxiety is one most common illness today affecting people around the world, mostly people from the age of 18 years and above.

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I can remember how I use to feel whenever I have lots of tasks to take care of as the bread winner of my family, when I think of how to pay my 4 children school fees for the semester and how I will get money to pay up my house rents and office rents, before you know my heart will begin to beat seriously.

Not just that I was afraid I wasn't going to meet up my obligations as a father with my children.

Seriously speaking this is the worst situation you can ever find yourself in life, because at this stage, the devil can use anyone to tempt you into things that can make you sin against the commandments of God.

When you're stressed or worried in life, you give the devil free chance to come into your life and suggest you some sinful options that will make you sin against God and also sin against yourself.

Believe me speaking, I have also been In a situation of being worried and also in an anxiety state at most point in my life, sometimes when I am worried the devil throw into my mind thoughts of masturbation and lusting after the flesh or women lustfully which is a sin against God.

Whenever I fall into such sins, I will feel guilty in my heart and ask God for forgiveness and make my ways right with Christ.

For years I lived with depression and took my medication faithfully. But life was still difficult because of anxiety. At the time

I didn't realize that anxiety, I was convinced there was a serious health issue. I sought out a doctor and then advised after a friend suggested this type of intervention. I was tired of everybody letting me know, "Simply trust me. Have more faith. Just pray about it."

Anxiety is not so simple because it is often not understood that a person is under a lot of stress. There is a difference between the sin of anxiety and the mental health disorder of anxiety that is manifested by physical changes in the brain. Anxiety is a mental health problem and a spiritual issue.

Anxiety is a mental health disorder characterized by feelings of anxiety, worry or fear strong enough to interfere with one's daily activities. Often it includes panic attacks, post-traumatic stress disorder, and compulsive disorder.

For people like me, anxiety is associated with depression and I am not alone. Sadly, anxiety problems are increasing which makes it even more important for the Church to understand the epidemic in our hands.

Now the question here is how can a Christian overcome worry and anxiety in life?

## **Top 7 Ways You Can Overcome Stress And Anxiety As A Christian.**

### **1. Admit There Is a Problem**

Those familiar with programs like AA will tell you that the first step to recovery is yours if the problem exists. And they are right.

This requires great humility. Anxiety in particular can be difficult to deal with because it makes us feel weak in a place where many others seem strong. The temptation is to keep pushing and hoping that anxiety will go away on its own.

As I learned the hard way, however, moving forward without solving a problem can lead to an inevitable and even tragic accident. I was dealing with anxiety for a very long time before I admitted it. It wasn't until I started having a debilitating panic attack that I finally admitted that there was a problem.

If I had a problem right away, I would have saved myself and my family from a lot of pain.

## **2. Stop Treating Yourself Unhealthily**

Many who struggle with stress and anxiety increase their ability to cope. Some respond to the stress of eating junk food on a regular basis. Others drink to get rid of the edge. Some camp in front of the television for hours.

None of these are healthy ways to deal with stress and anxiety. Most of us know this inside. What we do not often realize is that responding to such pressure can actually be counterproductive, even detrimental to our physical health.

In other words, unhealthy coping strategies often do worse, creating a never-ending cycle of depression and self-medication.

## **3. Take Care of Yourself Physically**

In his letter to the Corinthians, the apostle Paul exhorts believers to remember that our body is a living temple, purchased with a high price, so we should glorify God by it. Caring for our bodies, therefore, is a spiritual task.

This is especially important for those who suffer from depression and anxiety as our physical health is linked to our mental health. Regular exercise, for example, has been shown to significantly reduce symptoms of anxiety and depression.

Some studies in particular have shown that those who exercise regularly have a 25 percent chance of developing depression or anxiety over the next five years.

One of my favorite times in the Bible is found at 1 Kings 19, where Elijah was so distraught that he wanted to kill himself. At that moment, God did not give him a speech or humiliate him for his lack of faith. Instead, he gave her food and let her sleep. Double.

Learning to relax is an important part of caring for the body that God has given us. Sometimes the most spiritual thing we can do is take a nap.

#### **4. Be Intentional About What Goes into Your Mind**

Says Philippians 4: 8: “Finally, brothers and sisters, whatever things are true, whatever things are honorable, and whatever things are just, whatever things are pure, whatever things are lovely, and whatever things are of good report.

Paul points to the fact that what we fill our minds with has a profound effect on us. We find that this principle applies whenever the Scriptures refer to meditation. Hebrew meditation is not simply the removal of one's mind from wrong things, it is about filling one's mind with the right things.

#### **5. Do Not Ignore The Spirit**

You and I are spirit being, which means that there is always more going on than meets the eye.

We must not forget that we are living in a war-torn world. And while God wants us to prosper, there is someone who would like nothing more than to see us suffer.

When you are overwhelmed with grief and anxiety, he will whisper in your ear about which you are, your self-confidence, you're standing before God, your past, your future, your hope. It is important that you see yourself as such.

You should make it a habit to use the power of prayer, the gift of scripture and the support of the Christian community to help you recognize the lies you are tempted to believe and to remind you of who you really are in Christ.

## **6. Consider Seeing a Doctor**

Personally, I believe that medicine is not a denial of the power of God, but rather a provision of His grace. Sometimes this is exactly what we need.

That is to say, medicine is not the answer when it comes to treating anxiety (any mental health struggle). It can include side effects and often takes a lot of effort to find the right one. But it can be very helpful. Don't be afraid to see a doctor and ask about treatments - just as you wouldn't do with a physical illness.

## **7. Receive the Blessing of Breaking**

When I was in a state of great depression and anxiety, there were days when getting out of bed was hard work. Not a moment passed that I was not aware of my mistakes as a man, as a man, as a father, as a leader. It was hard. But it also gave me a confidence I had never experienced before.

I clung to Jesus with my white spears as I prayed during a panic attack. I felt the need to pray every day. Words like those in Psalm 23 were not simply words to be read aloud or to be trampled underfoot. It was my life.

There are some things about God that can be learned only from suffering. Sometimes I wonder if that is why God refused to remove Paul's thorn from the flesh. Because Paul who was broken and relied on him was Paul God could change the world through him. He was the kind of Paul who could write and say words like these:

"Three times I pleaded with the Lord to take it away from me. But He said to me, 'My grace is sufficient for you, for my power is

made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weakness, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong" (2 Corinthians 12: 8-10).

On the off chance that you are strolling through the valley of tension at this moment, there is an exit plan, and I ask you discover it. Yet, meanwhile, don't miss what God may have for you right where you are.