



Anxiety: Help in Our Helplessness **Megan Jung**

And being in agony [Jesus] prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.” — Luke 22:44

Anxiety lived rent-free with me from a very young age. I operated under two anxiety-driven assumptions. 1) If I worry, I'll prevent bad things from happening. 2) Try to see what's coming so pain can't sneak up on me. Anxiety became a tool to try to manage confusion and pain, as well as one of the loudest voices in my life.

Jesus talks about anxiety because He knows we experience it. In the Garden of Gethsemane, He agonized over His pending death. “And being in agony [Jesus] prayed more earnestly; and his sweat became like great drops of blood falling down to the ground” (Luke 22:44). Jesus anguished *and* He was sinless. What do we learn from our Savior about anxiety?

We learn from His life that pain is certain. Anxiety did not change the outcome for Jesus and aren't we glad! He endured horror “for the joy set before Him” (Heb. 12:2). The joy of eternal life with us! Jesus's dread didn't indicate lacking faith or prayer. As Jesus faced death, fear was appropriate. In agony, He turned to His Father and endured by crying out in need.

What do *we do in anxiety*? Often, we go inward and let worry guide us, rather than following God. While, anxiety predicts a horrible future, God has a perfect future for us. We listen to our worry as truth rather than talking back to ourselves with Truth. We begin to try to manage our pain alone with anxious meditation rather than crying out to God for help. Look at the Jesus in the garden: He wants us cry out to Him in need, anxiety and fear.

He is trustworthy and our anxious thoughts are not. Ask the Lord to help you believe Him and trust Him. Ask the Lord for insight into *why* anxiety has been a critical part of your life. Ask the Lord for relief *and* pray to know Him better *through* the experience of anxiety. We can explore our anxiety and accept our helplessness. Our weakness then becomes an avenue to behold the beauty of our strong and mighty Savior.

Let's Chat!

- What are some differences between healthy fear and unhealthy anxiety?
- When are you tempted to believe anxiety instead of the Lord? Why?
- Where did you learn to listen to your fear?
- How do you talk to yourself about your struggle with anxiety? How does this differ from what the Lord says about you? (Get a friend's help with this one if you need it!)
- How can you be reminded that anxiety is a terrible master and God is our good Lord?

Take-away Truth

Anxiety tells us the future is dark but the Lord's future for us is bright.

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