

PURGING ANXIETY

Psalm 139:23-24 ... "Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way over everlasting."

Anxiety, according to the dictionary, is a state of uneasiness or distress, and even a fear or dread of something in the future. You might be anxious about an exam in school tomorrow, a project at work that must be completed on time, your crops which are suffering from lack of rain, or how you are going to pay your electric bill. There are many reasons why you might be fighting anxiety, because there are many situations and circumstances in our lives that push us to be anxious.

In today's verse, David asks God to search his heart and find any sin that might be causing him to be anxious. Yes, sin can cause you to be anxious, because many of the things we fear and dread, are the result of our own mistakes. If you are anxious about an exam, it is probably because you know you did not study enough. If your anxiety concerns your job, it may be because you have not been working hard enough. Perhaps, in your greed to get as many crops from your land as possible, you planted before an expected dry season. Did you spend your money for something that was not important, instead of paying your electric bill? That might cause your anxiety.

David helps us understand that our sin can cause anxiety to invade our minds. However, there is another reason that anxiety can creep into our lives and stir up fear and worry: Our failure to be grateful to God.

A heart and mind that is filled with gratefulness to God, leaves no room for anxiety, fear, worry and dread. If you are feeling anxious about something, shut off those thoughts and begin to praise God for all that he has done in your life, for all the blessings he has provided you, and for the promises he has made to you. There is no room in your mind and heart for both fear and peace, for both worry and contentment, for both evil and goodness. If you want to purge anxiety from your life, start praising God and thanking him for his faithfulness.

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