

St. Paul said to his Christian friends in Corinth: “Brothers and sisters, I want you to be free of anxieties.” Our Lord Jesus Christ said: “I tell you, do not worry about your life...” Mt 6:25

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. Worry is give way to anxiety or unease; allowing one's mind to dwell on difficulty or troubles.

Listen to this: There was a middle-aged woman who was dealing with several health issues—from heart problems to severe headaches. Her doctor told her most of her problems could be related to her anxiety and worry over every little thing in her life and the lives of her family. He asked her: Why do you worry so much? She told him: “Doctor, I don't want bad things to happen. Every time I really worry about something, it never happens.” Hmmm...

Are you aware that Jesus never worried or was anxious? You see, Jesus was never trying to accomplish His own plans, but to fulfill the Father's plans. And, our Lord had full confidence in the Father's providence no matter how good or ugly the living situation was—even the events leading up to His Passion and death.

We have been dealing with the COVID-19 pandemic for almost one year now. The pandemic of worry and anxiety has been around a lot longer!

The Mayo Clinic (top ranked academic medical center focused on integrated health care, education, and research) stated that statistically 80 percent to 85 percent of their total case load were ill either in reality or artificially due directly to mental stress. One leading physician has stated that, in his opinion, 70% of all medical patients could cure themselves if only they got rid of their worries and fears. Medical science has closely tied worry to heart trouble, blood pressure problems, ulcers, thyroid malfunction, migraine headaches, and a host of stomach disorders.

It is clear, worry and anxiety will cost you physically. Dr. Charles Mayo commented: Worry affects the circulation, the heart, the glands, and the whole nervous system. I have never met a man or known a man to die of overwork, but I have known a lot who died of worry.

Worry and anxiety will also cost you emotionally. Doctors has stated: Worry and anxiety is the underlying cause of most psychiatric problems.

Worry and anxiety will cost you spiritually. In fact, worry and anxiety could be seen as in direct opposition to the fruit of the Spirit. There is no way one can experience and exhibit the fruit of the Spirit when worry and anxiety are present. Like Jesus said in the Parable of the Sower, the worries of this world will choke the plant and it will not produce the desired fruit.

The problem is: Most people think it is normal to worry. Then again, our Lord Jesus Christ tells us not to worry, but trust in the Father's providence. Who are you going to listen to? The folks that say worry and anxiety are normal, even as it leads to damaged health... or ... your Savior who suffered and died for you, so you may have the best of health, here and in eternity?