

ANXIETY MULTIPLIED =ENERGY DEPLETED

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This experience of anxiety is...

Anxiety based on unpleasant memories along with current experiences

What makes these memories of the past a problem for the present? Actually...

I'm concerned that these unpleasant memories could happen again to me as well as to those I love. If things in the past caused me pain (which I am still dealing with daily) anxiety can also loved ones a lifetime of pain.

The actuality of anxiety comes in right here and continues to build. It drains you physically, emotionally, and expends a great deal of energy within. Why? The concern that we just can't shake is this: "I have no confidence that things will not be a repeat of the way they were for me."

LACK OF CONFIDENCE LEADS US TO CONFUSION. CONFUSION LEADS TO CHAOS. CHAOS LEADS TO CRISIS.

We have a desire to protect those whom we love. Fight or flight takes over, however....

Lack of confidence is not as bad as we might first suppose if we learn to respond in one of three ways:

1. **Upward Brokenness**: Humility and godly sorrow. "I see that ultimately I can't protect others. I am weak and must depend on God. I need the attitude of Psalm 61:2,3
2. **Downward Brokenness**: I am not as strong as I would like to be. I cannot control all that I would like to control. It is imperative that I proceed along godly lines and not according to my own devices. Prayer and trust in God are the best defenses I have to effect change.
3. **Ultimate Brokenness**: As fallen humans, the unknown frightens all of us. (In the back of our mind is the thought ("What if God allows this to happen?") We think, "The unknown might be the worst possible scenario." I have already been through enough difficulty. I will just move away from or avoid the difficult situation..."

In the end, we must all answer the question, "Am I more comfortable with anxiety-produced discomfort or with the step of faith in God?"