

Coping with and Mastering Your Angst

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. (Philippians 4:6-7, NKJV)

Many single adults in this day and time seem to live in a constant state of anxiety. What makes *you* anxious? Are you on the success treadmill to the point of being driven? Are you battling the “thin-is-in” gremlin, or his sister, the “fat-don’t-care” diva? Are you still rehearsing the pain from childhood conflicts, or wallowing in the self-pity of present day situations? Are you anxious about *being* anxious? Hear how Jesus wants you to deal with your ongoing anxiety:

Casting all your care upon Him, for He cares for you. (1 Peter 5:7)

Even, and especially, strong and independent women often have a hard time doing this. We rather think we are big girls and we can handle our business, which may be generally true, but then you have to ask yourself the follow-up question: If this was *completely* true then from where comes this anxiety I am feeling?

Rather than my just saying, “Don’t *be* so anxious,” let me try to help you with this, specifically. First, determine to obey God in *all* things, including your thoughts and desires. Second, pray, and realize God’s power in you. Third, learn to “Sit still, my daughter, until you see how the matter will fall.” Finally, set a limit on that anxiety, even if it comes from outside circumstances. Scream! Yell! Cry! Get it all out, then get up, take a shower, wash your face, and go look for a *new* job, or a *new* boyfriend, or, whatever. (Just *kidding* about the new boyfriend, though. *Wait* for Mr. Right.) Learn to keep all things in perspective. *God* is your eternal source. Read Matthew 6:25-34. God is purposeful in what *He* allows in your life. Develop a meek and quiet spirit while you wait for the promise – the *specific* blessing God has for *you*.

What are *you* thinking?

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