

General Topics :: What am I doing wrong?

What am I doing wrong? - posted by jamccor (), on: 2007/8/6 9:46

I have a concern I want to put out there for your opinions. Ever since I have been born again, which is about 14 years now, I have always had a problem with anxiety. Especially when I wake up in the morning, it is as if something is terrorizing me with feelings of anxiety, strong in nature, that just make me want to hide. I am 36 years old and I feel that this is similar to a child who doesn't want to go to school in the morning. I have seen many a counselor and tried antidepressants. I have prayed about it and read about it... still no release. I would hate to think that this is a thorn in the flesh as Paul had because I cannot even begin to put myself on par with Paul. Has anyone ever successfully come through a situation like this? I have read books by John McArthur and Ray Comfort. I have listened to Ravenhill and many more. I consider myself a devout Christian who fills his days with sermons and teachings of Jesus. Help!!

GOD Bless

John

Re: What am I doing wrong? - posted by sojourner7 (), on: 2007/8/6 10:10

Is the anxiety over the future?? God knows tomorrow and He holds the future. Have you tried the remedy found in the book of Philippians Chap 4 vs 6-9?? :-D

Re: What am I doing wrong? - posted by Nile (), on: 2007/8/6 10:18

John,

I have struggled with anxiety a little bit in the past, though not exactly as you are. Here is what I do to get rid of the anxiety:

1. Read Psalm 139 - this one encourages me! Meditate on the fact that God knows EXACTLY what position you are in and EXACTLY what you are feeling.
2. Read Lamentations 3 - this one gives me much hope!
3. Read Psalm 119 - this one gives me faith!
4. Pray for everything you can think of. After you've prayed for everything you can think of, you have nothing to worry about. If it's not worth praying about, it's not worth worrying about!
5. Make a list of what things you need to do in the next week. This usually greatly eases my nerves.

Just some advice from my experience :-)

Nile

Re: - posted by jamccor (), on: 2007/8/6 10:21

It is a generalized anxiety. Once I get up and about... it dissipates. Also, I am noticing a fear of people. I work in a school fixing computers and deal with people every day. I have been feeling these last few months the desire to be away from people and avoid all conversation. I am shy by nature, but these feelings make it hard to keep a job. Should I seek godly counsel, or is praying enough for us Christians?

Re: What am I doing wrong?, on: 2007/8/6 10:23

Sometimes my life gets so hectic that I can't help but awake in the morning with a certain level of anxiety. I am entering the most hectic 5 months of the year for me.

It's not really fear I have, but anxiety... how am I ever going to get everything done that I need to get done, will I do a good job, will I make everyone happy, etc etc.

First thing I do when I wake up to that is before my feet even touch the floor... I pray. Sometimes I fall to sleep again (because I usually run on about 5 hours sleep)... then the alarm goes off again... and I resume my prayer.

Then while the coffee is brewing I'll read a soothing Psalm and pray again.

Generally this gets my nerves calmed and I find that I am much more focussed and not anxious.

Thats what I recommend... the Word and prayer. Actually, I recommend that for whatever ails you!

Krispy

Re: - posted by Lotis (), on: 2007/8/6 10:27

I would say seek some help and pray. Def. not Gods will for you. I would like to pray for you right now too if I Could.

Lord Jesus, we love you and your are king over all things, including anxiety. I ask you Lord for the sake of my friend here to blast this anxiety away with one breath of your mouth, one blink of your eyelash. You haven't given us such a spirit, so prove your love to him and show him what kind of spirit you give. Give him peace and soundness of mind King Jesus. W e love you Lord! You are king! Amen.

I think you should find a bit of help from a Godly man and continue to read the scriptures and pray (obviously :-)) but thi s is def. not the will of God for you, so get some help and break it off! Don't be ashamed to go for help either, lots of grea t men and women need help all the time :) Boomba!

Re: - posted by PreachParsly (), on: 2007/8/6 11:16

Didn't Ray Comfort write a really good book on this? I thought I remember at one time someone bringing this topic up a nd recommended the book. I don't know what it is called though.

Re: - posted by PreachParsly (), on: 2007/8/6 11:18

Here it is..

(http://www.livingwaters.com/Merchant2/merchant.mv?ScreenPROD&Product_Code142) Overcoming Panic Attacks

From the site:

In the United States, 1.6 percent of the adult population, or more than 3 million people, will develop a panic disorder.

More than likely, someone you know is suffering from the devastation of panic attacks. Maybe that "someone" is you. An d more than likely, you're not sure what to do. But Ray Comfort has the answers. He knows from firsthand experience th at these practical principles are keys that unlock chains and open seemingly immovable doors. He knows because this b old evangelist, author, and television host was once the unlikely prisoner of debilitating panic attacks.

People who are having panic attacks aren't losing their minds and aren't destined to be controlled by addictive prescripti on drugs. There is real hope. Ray shares how he was able to:

- # Conquer paralyzing, irrational fear.
- # Overcome despair.
- # Restore peace, joy, and confidence.
- # Live fully again.

Re: - posted by PreachParsly (), on: 2007/8/6 11:21

Quote:

-----I have read books by John McArthur and Ray Comfort.

Shame on me for not reading all of your post. Please forgive me.

Re: - posted by jamccor (), on: 2007/8/6 11:25

Thats ok...That book by Ray I actually havent read and I am glad you brought it to my attention.
Thanks

Re:, on: 2007/8/6 11:46

I too go through some things such as you described, although I once could make on 4 or 5 hours of sleep, that is a thing of the past for me. And when we have those times you gave us the right prescription. Prayer and the Word. King David just talked to God. He told him of his fears and his anxieties.

Ps 55:22-23

22 Cast your burden on the LORD,
And He shall sustain you;
He shall never permit the righteous to be moved.

23 But You, O God, shall bring them down to the pit of destruction;
Bloodthirsty and deceitful men shall not live out half their days;
But I will trust in You.
NKJV

Re: - posted by sojourner7 (), on: 2007/8/6 13:14

Sounds like you are sure of your salvation;
so I won't question that. But ask yourself:
Does God reign?? Have I given Him my
burdens, cares, fears, and worries?? If so,
they are in His mighty hands, and He will
comfort, establish, and strengthen you!! :-D

Re:, on: 2007/8/13 13:36

First this is a common thing for all, your not alone!! Do you have a church home? Is there anyone that you are close to? i think it is so important to share with one or two you are close to, that can hold you accountable.

Second: I would encourage you not to be alone!! Do something, anything. i don't think it is wrong thing to go and seek Godly counselor or Pastor.

Re: What am I doing wrong?, on: 2007/8/13 15:19

Quote:
-----Jamccor said: Especially when I wake up in the morning, it is as if something is terrorizing me with feelings of anxiety, strong in nature, that just make me want to hide.

Yes, I've had this same anxiety that you have had. It's a tormenting spirit that is NOT in you but around you. The one that tormented me was in my bedroom. I'd wake up in the night and I'd see this being in the corner laughing at me. I couldn't get to sleep, I'd wake up in a panic. I went to church one night and the preacher was talking about Saddam's torture methods and my heart sunk and I was worse then ever. I was scared to death and I didn't want to go home to face this demon. I asked someone if I could stay the night and they couldn't, so I went home and I laid awake staring into nothing. A scripture came to mind which said, "You have not been given a spirit of fear", I knew I read that some place and found it and read it and rebuked the fear and I instantly fell off to sleep.

Quote:
-----2 Timothy 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

The next day I felt refreshed but I still knew that this spirit of whatever it was was in my room. I was talking to my Pastor one evening in the course our conversation I mentioned what was going on. He immediately gave me instructions on what to do. He didn't say to do this, but I took an empty ice cream container and a paint brush and by faith I was washing the door way with the blood of Jesus. I rebuked whatever was in each room to get out and finally the front door. Since that

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time which has been over 4 years now, I have never had this attack.

The paint brush and bucket was my doing, it had nothing to do with it. By standing and taking authority over this spirit of oppression in the name of Jesus, it had to go. And you continue to stand your ground.

This experience was very real, it gave me the heebie jeebies. It caused great anxiety, I was effecting everyone around me.

I hope this helps.

Re: - posted by jamccor (), on: 2007/8/13 15:26

Wow..I guess there are many of us with these same feelings. I guess that's why it says in the bible that there isnt anything new that hasnt been seen or felt before in the world.

For me, after talking to some people on this board, I believe it is internal anxiety at what my day will bring me in terms of stress. I didnt realize how much stress I was carrying around until I woke up and all my defenses that were previously on guard were now bare.I thank all of you who contributed your own personal experiences with these feelings.

GOD Bless

John