

Moments of Anxiety: A Brief Reflection on Psalm 25:16-17

As with many traumatic events, one not uncommon consequence of sexual abuse is anxiety. For some, the symptoms become psychologically and socially disabling. There are drugs, books and numerous therapies all promoted as effectively dealing with this problem. Then there is God Himself. Yes, His common grace has provided those drugs, books and numerous therapies. But more fundamentally He provides Himself.

Psalm 25 records how David's troubles had isolated him from others and given him a heart full of anxiety: *'...I am lonely and afflicted. The troubles of my heart have multiplied'*. Severe anxiety can be a lonely and very scary ordeal. David goes to God Himself and requests deliverance: *'Turn to me and be gracious to me...free me from my anguish'*. David knew God to be the world's greatest physiologist, sociologist and psychologist-He who created our very being and who is intimately aware of our fears and the experiences that may have incited them is best placed to deal with us. If God is who He says He is, then He should be, not the 'add on' to the world's solutions to the problems, but the first point of call. David's call upon the God's grace to free him from a heart full of anguish expressed a dependency upon Him. God is glorified when we live in accordance to the truth that we are indeed reliant on His goodness and His power.

Asking God directly to help us with anxiety is not some kind of 'talking therapy'; it is a *real* conversation with a *real* Being who *really can help*. But this real conversation presumes a right relationship with God which is only possible through faith in Christ's death as a means to set us free from God's judgement. When we are free-we are free indeed. Free to take our anguish to the Great Physician who will carry our burdens, heal us or give us strength to endure. There are no costly books to buy or therapists to pay. The price for such a faithful Helper has already been paid-on the cross of Calvary.