

## Freedom from Anxiety

Submitted by "K"

For several years I had battled with anxiety related to some past events that had transpired between myself and [another believer]. Though I wasn't in an ongoing relationship with this person, I would imagine difficult conversations, be afraid about seeing the person or his family, easily feeling anxious about it. I prayed about it many times, sought to forgive, asked forgiveness, and tried to let go. But it kept re-surfacing. I prayed about this in a time of wholeness prayer, and God revealed to me my strong, compelling desire to "fix things". I didn't know how to fix the above situation, yet felt responsible to do so somehow. God revealed in that time of prayer that my view of Him had wrongly been that He opened His arms to me, gave me a hug, then sent me away, saying, "Now, you go fix it." He spoke to me that HE fixes things, not me. Since that time, I've not felt under the same anxiety. The issue hasn't changed, but I feel much freer to let go, to ask God to fix it in His timing, and to pray for the person without a feeling a need to 'do' something. I know now what truth to speak to combat the pull toward anxiety and control, not only in that situation but in others where I am tempted to "fix it".