

~ANXIETY (207)

[Hebrew, *tsa-rar'* wrap up, shut up, be cramped, *de 'a-ghah'*, anxious care, Greek, *me'ri-mna* anxiety, verb *me-ri-mna'o* be anxious]

.. Proper Anxieties Or Concerns

- A number of Hebrew words convey the sense of anxiety or worry. One of these, Hebrew *tsa-rar'*, means to be confined in a physical sense and is thus rendered wrap up, shut up, and be cramped.
- Consequently the people carried their flour dough before it was leavened, with their kneading troughs **wrapped up** in their mantles upon their shoulder. (**Exodus 12:34**)
- Like **one shutting** up a stone in a heap of stones, so is the one giving glory to a mere stupid one. (**Proverbs 26:8**)
- Although there are your devastated places and your desolated places and the land of your ruins, although now you are **too cramped** to be dwelling, and those swallowing you down have been far away. (**Isaiah 49:19**)
- In a figurative sense it means grow anxious, be in sore straits.
- And Jacob became very much afraid and **grew anxious**. So he divided the people who were with him, and the flocks and the cattle and the camels into two camps. (**Genesis 32:7**)
- And Samuel began to say to Saul; Why have you disturbed me by having me brought up? To this Saul said; I am in very **sore straits**, as the Philistines are fighting against me, and God himself has departed from me and has answered me no more, either by means of the prophets or by dreams, so that I am calling you to let me know what I shall do. (**1 Samuel 28:15**)
- Another is *da- 'agh'*, rendered **become anxious, become frightened**, it is related to *de 'a-ghah'*, meaning **anxious care**.
- They themselves came into the land of Zuph, and Saul, for his part, said to his attendant that was with him; Do come, and let us return, that my father may not quit attending to the she-asses and actually **become anxious** about us. (**1 Samuel 9:5**)

- Whom did you **become frightened** at and begin to fear, so that you took up lying? But I was not the one that you remembered. You took nothing to your heart. Was I not keeping silent and hiding matters? So you were in no fear even of me. (**Isaiah 57:11**)
- **Anxious care** in the heart of a man is what will cause it to bow down, but the good word is what makes it rejoice. (**Proverbs 12:25**)
- The **Greek** noun *me'ri-mna* is rendered **anxiety**, while the related verb *me-ri-mna'o* means **be anxious**.
- As for the one sown among the thorns, this is the one hearing the word, but the **anxiety** of this system of things and the deceptive power of riches choke the word, and he becomes unfruitful. (**Matthew 13:22**)
- Then he said to his disciples; On this account I say to you, quit **being anxious** about your souls as to what you will eat or about your bodies as to what you will wear. (**Luke 12:22**)
- **Anxiety** can be damaging to one's well-being. It can lead to **depression, robbing one of strength and the initiative to act**. Says the inspired proverb; **Anxious** care in the heart of a man is **what will cause it to bow down**.
- **Anxious** care in the heart of a man is **what will cause it to bow down**, but the good word is what makes it rejoice. (**Proverbs 12:25**)
- There can be serious physical manifestations from **worry**. Observes the book **How to Master Your Nerves; Doctors know how anxiety can affect the body's functions**. It can raise or lower blood pressure, it can elevate the white blood cell count, it can suddenly affect the blood sugar by the action of adrenalin on the liver. It can even change your electrocardiogram. Dr. Charles Mayo said; **Worry affects the circulation, the heart, the glands, the whole nervous system**. [By Drs. P. Steincrohn and D. LaFia, 1970, p. 14]
- Far more serious is the spiritual harm to which undue **anxiety** may lead. Jesus Christ indicated that appreciation for the word of God can be completely choked out by **worry** over the **problems that are often part of life in the present system of things**. Just as thorns can

stop seedlings from reaching maturity and bearing fruit, so such **anxiety** can **prevent spiritual development** and the **bearing of fruitage to God's praise**.

- As for the one sown among the thorns, this is the one hearing the word, but the **anxiety** of **this system of things** and the **deceptive power of riches choke the word**, and he becomes unfruitful. (**Matthew 13:22**)
- There are still others who are **sown among the thorns**, these are the ones that have heard the word. (**Mark 4:18**)
- But the **anxieties** of this **system of things** and the **deceptive power of riches and the desires for the rest of the things** make inroads and **choke the word**, and it becomes unfruitful. (**Mark 4:19**)
- Some other fell among the thorns, and the thorns that grew up with it **choked it off**. (**Luke 8:7**)
- Now the illustration means this. The seed is the word of God. (**Luke 8:11**)
- As for that which fell among the thorns, these are the ones that have heard, but, by being carried away by **anxieties** and **riches and pleasures of this life**, they are completely **choked** and bring **nothing to perfection**. (**Luke 8:14**)
- Because of having permitted these **worries** to dominate their lives, to the **exclusion of spiritual interests**, many will find themselves in a **disapproved state before the Son of God** upon his return in glory, to their everlasting loss.
- But pay attention to yourselves that your hearts never become **weighed down with overeating and heavy drinking** and **anxieties of life**, and suddenly that day be instantly upon you (**Luke 21:34**)
- As a **snare**. For it will come in upon all those dwelling upon the face of all the earth. (**Luke 21:35**)
- Keep awake, then, all the time making supplication that you may succeed in escaping all these things that are destined to occur, and in standing before the Son of man. (**Luke 21:36**)

•• Proper Anxieties Or Concerns

- It is right to be **anxious** about doing **what is pleasing to Yehowah God** in order not to miss out on the blessings to be enjoyed by his devoted servants. One guilty of serious wrongdoing should feel as did the psalmist. I began to be **anxious over my sin**.
- For I proceeded **to tell about my own error**. I began to be **anxious** over my sin. (**Psalms 38:18**)
- A proper concern over sin leads to **confession, repentance, and turning around** from the wrong course, **restoring a good relationship with the Most High**.
- All Christians should be **anxious**, or should **truly care**, about the **spiritual, physical, and material welfare of fellow believers**.
- So that there should be no division in the body, but that its **members should have the same care for one another**. (**1 Corinthians 12:25**)
- And if **one member suffers**, all the other members suffer with it, **or if a member is glorified**, all the other members rejoice with it. (**1 Corinthians 12:26**)
- Now you are Christ's body, **and members individually**. (**1 Corinthians 12:27**)
- This kind of concern is reflected in the apostle John's letter to Gaius.
- Beloved one, I pray that in all things you may be prospering and having good health, just as your soul is prospering. (**3 John 1:2**)
- The apostle Paul spoke of the **anxiety for all the congregations**.
- Besides those things of an external kind, there is what rushes in on me from day to day, the **anxiety for all the congregations**. (**2 Corinthians 11:28**)
- He was **deeply concerned** that all remain **faithful disciples of the Son of God to the end**.

- The Scriptures refer to being **anxious for the things of the Lord**, that is, concerned for everything that will promote the interests of the Son of God. Free from the responsibilities and cares for a mate and children, single Christians are in a better position than are married people to **minimize concern over the things of the world** and so give greater attention to the things of the Lord.
- Indeed, **I want you to be free from anxiety**. The unmarried man is **anxious for the things of the Lord**, how he may gain the Lords approval. (**1 Corinthians 7:32**)
- But the **married man** is **anxious for the things of the world**, how he may gain the approval of his wife. (**1 Corinthians 7:33**)
- And he is divided. Further, the **unmarried woman**, and the **virgin**, is **anxious for the things of the Lord**, that she may **be holy both in her body and in her spirit**. However, the **married woman** is **anxious for the things of the world**, how she may gain the approval of her husband. (**1 Corinthians 7:34**)
- But this I am saying for your personal advantage, not that I may cast a noose upon you, but to move you to that which is becoming and that which **means constant attendance upon the Lord without distraction**. (**1 Corinthians 7:35**)