

December 5<sup>th</sup>

The bible was not written to teach psychology. But the Bible is psychologically sound and correct.

Consider Proverbs 12:25 - "Anxiety weighs down the heart, but a kind word cheers it up." The writer doesn't profess to be a diagnostician but he certainly is insightful.

Recently a study on anxiety disorders concluded that 40 million Americans, or 14.1% of our population, are plagued with fears that trouble them from time to time. It is also a known fact that anxiety can lead to depression.

From wisdom that comes from God, Solomon made the same diagnosis. Notice that he said anxiety weighs down the heart. The words weighs down imply a state of depression. With God's guidance, Solomon described people whose anxiety is coupled with fear & worry - which can lead to depression.

All of us, at one time or another, have had those moments when we feared that something horrible was about to overtake or destroy us. When those feelings came to the surface it was natural to feel weighted down or depressed. It is normal to look for encouragement and support when that happens. How tragic if no one was there to help us or share a kind word to cheer us up. (Think Prison!)

Notice, however, that Solomon was not talking to a behavioral health specialist. He was talking to people like us who have the ability to recognize the lonely, the sad, the worried, the anxious and depressed. Often people only need a word of grace, comfort, encouragement or... simply a smile to bring them hope, health and happiness.