

Anxiety is becoming the number one health concern (disease) of the twentieth century

- The causes are many (and all are fear-based)
 - Financial insecurity
 - Housing insecurity
 - Food insecurity
 - Health insecurity
 - Work insecurity
 - Relationship insecurity
 - Faith insecurity
 - National insecurity
 - And more

There are various things we can do to reduce anxiety

- Practice meditation and mindfulness
- Focus on the present moment (rather than the past or future)
- Follow the path of detachment (Buddhist philosophy)
- Lean into one's faith (let go and let God)
- Practice Jesus' teaching (do not worry about tomorrow)
- Positive thinking
- Cognitive therapy
- The Serenity Prayer
 - God grant us the serenity to accept the things we cannot change,
the courage to change the things we can,
and the wisdom to know the difference.

The more we focus on our own needs and wants, and our own survival and welfare, the more likely we will experience anxiety

- Humans have always needed a purpose bigger than their own or themselves to focus on and believe in to reduce their fears
- In World Wars' One and Two – the purpose was freedom
- In the current tariff war and rhetoric developing – the purpose for Canadians is a belief in Canada and all the good things it is and represents (Elbows Up)
- In times when a loved one is very ill or facing the possibility of death – the purpose is to heal or comfort that loved one
- Jesus says that the greatest purpose of all is to love God and love one another as we love ourselves (only love exists always)
- It is in tough times that humans can evolve in love the most and in doing so, reduce their anxiety (love focused, not fear)

I thought this was interesting: Jesus would probably laugh.

One of the best sermons we ever heard about Lent came from a Priest who took a whole new approach to the idea of giving up things for Lent.

"Jesus would probably laugh at us for giving up things like chocolate, beer, coffee...all the things that actually bring us joy and make us happy.

What He might suggest is giving up the things that make us miserable in God's Paradise.

Things like self-doubt, insecurities, jealousy, greed, and gossip and anger.

The things that move us away from The Light.

Honor His sacrifice by giving up The Darkness in your Life."

I've never forgotten this wisdom. Think about it.