

**COUNSELING FOR ANXIETY IN EXPERIENCING STRESS
AND DIFFICULTIES IN LIFE FOR CHRISTIANS**

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Abstract:

Worry is a form of erratic anxiety, even if it happens in an exaggerated mind, it will not necessarily happen. Every human being has a sense of worry as a feeling of protection for what has not yet happened in front of him. Worries can take the form of job loss, stalled business in life, expensive education costs, a near-stalled economy, labor layoffs, children fighting parents, cheating husbands, wives leaving the house, having children with special needs, anxiety about the future, and any form of difficulty, all of which cause stress, suffering, and other difficulties in life.

In this journal, the author makes research in a qualitative explanation, coming from various book sources, various journals related to psychology, counseling and it is hoped that this journal will obtain research results that can answer various problems regarding concerns experienced for Christians, so that they can respond correctly to the truth of God's Word.

Keywords: *Worry, Anxiety, Counseling, Suffering, Difficulties.*

I. Introduction:

This journal is expected to be the answer to every person who experiences anxiety in any time, and provides an understanding of the meaning of the advice of God's Word in the Bible that is very valuable. James Beck stated, that: "The feeling of worry is known as the feeling of fear or anxiety. But the feeling of stress is more suitable when translated as a feeling of uneasiness instead of a feeling of fear."(James R, 2011) This is often since the feeling of stress is intemperate uneasiness in a individual, in this way driving to an vague circumstance, whereas agreeing to Dakir.(Dakir, 1993) Stress is the feeling when confronting an abstract circumstance (the question of concern isn't clear). Stress is an hazy issue, related to the issues confronted by everybody and it influences their mental wellbeing as said by Adib Asrori: "Human life cannot be separated from the problems that they will face, from good things to the worst, two things that humans often experience, namely stress and anxiety, these two responses are the most experienced and can interfere with daily life."

However, this topic of concern also appears in theology, which can be seen from the emergence of anxiety problems in the Bible as well as in the Old Testament (Deut. 28:66; Psm. 55:23; Prov. 12:25) as well as in the New Testament (Matt. 6:25, 34; 10:19; 13:22; Mk. 4:19; 13:11; Luk. 8:14; 10:14; 12:11, 12; I Cor. 7:32; Gal. 4:11; Phil. 4:6; I Pet. 5:7).

Theology is the science of the divinity while the science that studies the human soul or Psychology are two fields of science that have different directions. Theological science directs itself to two sides of the problem, namely vertical (the relationship between humans

and God) and horizontal (the relationship between humans and humans). According to D.A. Carson and John D. Woodbridge:

The science of Psychology is more about the relationship between the individual and himself. Although these two fields of science have different directions of problems, it does not mean that they cannot work well together because basically these two fields of science both pay attention to human needs as a whole.(D.A. Carson & John D. Woodbridge, 2002, p. 159)

In terms of human worries leading to psychiatry, but also related to God's help so it is necessary to study these two interrelated things as written by Junihot S, in his book entitled "Psychology of Christian Religious Education" said that:

Christians are confronted with the need to think about psychology as a whole and/or to develop Christian psychology in order to seek one's educational thoughts and practices, and to explore the possibilities of relationships that can be built psychologically using the perspective of theology and the Christian faith.(Junihot Simanjuntak, 2016, p. 177)

In this case, the feeling of fear or worry experienced in the long term can lead to traumatic or mental changes. In some countries that are in the midst of political upheaval there is a war so that there are economic difficulties that occur, crime, chaos that causes fear to thicken, people are afraid of an unclear future and indeed because of this uncertainty many people stop fighting and only take the obvious.(Gazala N.K., 2021)

II. Research Methods

The author conducted research using a descriptive qualitative approach. Get input from books related to counseling and journals related to pastoral counseling assistance, as well as literature studies that reveal worries and fears in facing the future and life problems, as well as things related to stress, about stress in facing life challenges and protracted anxiety.

III. Result and Discussion

This research found that these things are one of the reasons why there is a fear of failure, fear of disappointment, fear of suffering. Fear eventually became a cause of worry and doubt, and only a pastor as the pastor closest to his congregation could help in this matter.(Julius Rono, 2010)

According to the author, fear is an emotion that is characterized by assessing the presence of a threat that makes a person feel depressed or want to run away from it.(Alicia E. Meuret, 2022) Every human being has a fear of something, be it phobia or various similar fears.

Every human being understands that a shortage will cause worry, in case there is no food, drink, clothes and so on. Excessive worry can cause various diseases and worry itself has become a kind of disease in the person who experiences it. Psychiatry experts know that worry can stress the souls of millions of people, as a result of which people cannot sleep, so worry is sometimes called the main disease and the main enemy of man.(Dan Britton, 2024)

Actually, unfounded worries are abnormal fears that interfere with the nervous system of the sufferer. A person who experiences great worry, focuses his mind on the consequences of events that have not yet occurred and have not necessarily happened.(David Tolin, 2012)

Worry is a natural thing experienced by everyone, because while living in the world there are still many things that can make you worry. Problems come one after another in life so that worries become very easy to occur in humans.

The worry initially arises from excessive fear from the heart. Feeling that you can't overcome the problem even though others can or have not tried is already afraid, so that worries arise, in this case Kaplan and Sadock's underline:

Generalized Anxiety Disorder can be conceptualized as a normal, adaptive response to a threat that prepares the organism to flee or fight back. However, people who seem to be anxious about almost anything, tend to be classified as having generalized anxiety disorder. These worries are difficult to control and are associated with somatic symptoms, such as muscle tension, irritability, difficulty sleeping, and restlessness. Anxiety is not focused on the characteristics of other medical disorders, is not caused by substance use or common medical conditions, and does not occur only during mood or psychiatric disorders. Anxiety is difficult to control, subjectively stressful, and results in distractions in important areas of a person's life.(Sadok's, 2007)

Of this fear John Bevere mentioned: "A snare is a trap. Fear of men stealing your authority that has been given by God. Then the gift of God in you ceases."(John Bevere, 2000, p. 14) In this case, man feels helpless to do what is right, because the power given by God is inactive. According to the author, worry will paralyze the common sense, so that the sufferer cannot think clearly, and the final consequence of prolonged feelings of worry is the appearance of anxiety.

The power of God is a great force at work in human life, which can give people freedom, joy and peace. The power of God should be a guide for the church today, because the burden of human life today is getting heavier so that it can cause fear and worry.(Muhammad Nawaz Tunio, 2024)

Nowadays, science and technology are developing very rapidly. People who used to live in an agrarian pattern are now rapidly moving towards the development of industry, technology, science, and communication and even entering the era of informatics and globalization. So if you are not ready to live in such situations at once, there will be depressed souls. There will be various problems that can squeeze life so that they are unable to handle increasingly complex life problems.(James L. Bryant, 2009)

One example is the problem of job opportunities that cannot be separated from the world of education because the workforce is graduates from educational institutions, thus these graduates must be qualified so that they can find a world of work to fulfill their lives and goals. Education also accelerates technological progress and its development, human intelligence because education finally advances the world of technology, so companies begin to use automation systems or robots that can replace labor positions, so that it can reduce the number of labor used, and cause unemployment.(Bartosz B, 2024)

Starting from those who need help, have various backgrounds and problems, so that it cannot be done by only one profession or one person, this experience according to Aart Van Beek gave rise to the term "mentoring."(Aart Van Beek, 2017) With the term mentoring, the relationship between the companion and the person being accompanied has a balanced and reciprocal position, "but the companion has more facilities than the person being accompanied, namely healthier, has skills or morals and so on."

Pastoral Counseling

In general, pastoral counseling carried out by the church is to provide an opportunity for congregations who are experiencing problems to be able to tell the problem to a counselor who is actively serving. Of course, not just any person chosen by the church leader in dealing with the problems of the congregation that comes with various problems that are being faced, because it must be a person who has been born again and has become spiritually mature who can be a counselor, so that he can help the counselor in dealing with these problems. In this discussion, what the author means is a matter of concern that can affect everyone. (Paul David Tripp, 2018)

Bob Phillips writes in his book that a man named Reinhold Neibuhr had started counseling in 1974. Since then I have spent thousands of hours with people of all ages and from all walks of life. Many of them struggle with anxiety in various forms to some degree. The National Institute of Mental Health estimates that more than 40 million American adults suffer from anxiety disorders. Another 21 million Americans struggle with depressive disorder. Depression often goes hand in hand. That two things are closely related but seem different. Reinhold said he wrote this book because he wanted to assist anyone if they were facing one or both of these problems. Reinhold wants to encourage, realize that they are not alone. Millions of people experience the same thing, also realize that everyone can't always stop negative or intrusive things from entering the mind. However, it is certainly possible to change these thoughts and refuse to allow them to dominate every human being. The famous reformist Martin Luther said, "You can't stop the birds flying off your head, but you can stop them from 'building' a nest in your head." (Phillips, 2007)

This means that how many people fall into anxiety, the worries that swirl in their bodies and minds that are very difficult to let go, are all kinds of problems about life, so the church must intervene to extend its ministry even to the secular world and not just the scope of the church. (Joseph Haward, 2017)

As for the church in its ministry related to pastoral counseling is an effective way to deal with congregational problems, the development of the field of ministry is very much needed, including the development of the field of handling worried problems through pastoral counseling. (Hsiu-Hui Liu, 2024) Which is carried out by the pastor or the authorized person as the representative of the pastor. More precisely, pastoral counseling is a service provided to the congregation by providing guidance in various matters related to the problems that the congregation is facing. In an effort to help and motivate counselors to be able to rise from this adversity that is being experienced, Yenni Anita Pattinama commented that:

Pastoral counseling is a service process to help counselee,

On the other hand, the counselor is the one who provides help. The counselor who is the person who is helped is not able to see the problem clearly. People who struggle with various kinds of problems need help from others. The task of a shepherd is to look for sheep that are struggling or that are in need of help and support. (Pattinama, 2018, p. 181)

Pastoral service is to be done lovingly and with God's comfort, keeping as figuratively in Isaiah 40:11: "Like a shepherd he shepherds his flock, and gathers them together with his hands: lambs are on his lap and the mothers are carefully led by him." This indicates how pastoral counseling has been reminded and exemplified by God Himself by giving the

parable of a shepherd who cares, cares, comforts and this is also reaffirmed by J. L. Ch. Abineno:

The most widely used term in the New Testament is "parakalein" which has two meanings: "to advise" and "to comfort". The two meanings are not different, in fact, they are the opposite: they are the same, because they both intend to "lift" a person out of his or her distress. J. L. Ch. Abineno, *Practical Guidelines for Pastoral Ministry* (Jakarta: BPK Gunung Mulia, 2010), 53.

In principle, all types of pastoral counseling have the same goal, which is to help the counselor without degrading him in order to overcome life problems and achieve his life goals as stated by Jakub B. Susabda about pastoral counseling:

Pastoral counseling is an interpersonal relationship between God's servants (pastors, evangelists, etc.) as counselors and their counselors (clients, people asking for guidance), in which the counselor tries to guide the counselor into an ideal conversational atmosphere (conducive atmosphere) that allows the counselor to really know and understand what is happening to himself, his problems, his or her living conditions, where it is, etc.; so that he is able to see the purpose of his life in his relationship and responsibility to God and try to achieve that goal with the measure, strength and ability that God has given him. (Susabda, 2014)

So it is clear that this pastoral counseling service is a dialogue relationship between the counselor/pastor and his counselor that can involve all aspects of their lives. As a counselor, the pastor is not present as a preacher on the pulpit, but is now face to face with his counselor as two individuals who each have the right to freely express who they are. As a counselor, you must also be able to bring a situation where the counselor feels treated as a subject, a person who is intact in his feelings, problems, ways of thinking and even everything that is in him can be taken into account. (Richard Dayringer, 2020)

If needed in an emergency, a mentor needs to be placed as a pastoral support, counseling, it means that pastoral is the nature of mentoring work, thus accompanying others who are suffering, must be pastoral. In the process of pastoral counseling assistance, there are operational goals to be achieved in providing help to the counselor or those who are accompanied, this is the obligation or role of a companion. In terms of this understanding of mentoring, Beek stated:

Help to others who are whole, including physical, mental, social and spiritual, must be pastoral. Because God, who is the creator, takes care of and maintains well, so if pastoral is associated with the word mentoring, it is meant to deepen the meaning of mentoring work. Mentoring not only has a horizontal aspect (from human to human) but also realizes a vertical aspect (relationship with God). (Aart Van Beek, 2017)

According to the author, if a person walks in an uncertain direction, he will get lost, and he needs someone else who is more skilled to find the right path, here the guiding role of a shepherd is very important in helping to accompany someone. The companion is helped to make decisions about which path he will take towards his future, and the companion provides knowledge about all possibilities that will occur with all the impacts ahead. And that the choice of decisions about the future or changing certain attitudes and behaviors or habits remains in the hands of the accompanying person, in this case the accompanying person does

not choose the path, but let the accompanying person gain his trust to choose for himself.(Amor, 2017)

Although it can be said that every church can become a pastoral counselor, a pastoral counselor should undergo education to attain knowledge of pastoral counseling and must live in God's word.(Ronald R.Lee, 2008) Because if in all situations a person has a shepherding perspective, he actually wants to help the suffering man towards complete improvement, step by step.

So a Christian counselor is a Christian clergy who provides guidance to those who are accompanied by trying to help the counselor overcome his or her own problems well, this is as stated by Eduard Thurneysen:

Pastoral Counselors are like mediators who carry the message of forgiveness of wrongdoings. He acted not based on his own strength and judgment, but as someone who was called. In order to do so, he himself must be rooted in the Word and the church and live from faith in forgiveness. He shall not bind men to himself, but to the Lord of the church by leading them to the Word and by continually praying for them.

It has been explained that anyone can become a pastoral counselor but because the problems or cases faced are very varied, for example the problem of unemployment, divorce, robbery, grief, relocation, sexual harassment, crimes against women and children/domestic violence, breakups, thinking about suicide, economic loss and so on, so a pastoral counselor should have other knowledge to support various problems. However, not all congregations have the academic provisions to hold pastoral counseling services, and generally the laity do not have any academic provisions to engage in counseling services, but congregations can learn from various seminars, trainings, and other education, to achieve the desired targets through informal channels. For this Daniel Ronda writes:

The generally accepted understanding is that a person who wants to engage in pastoral counseling must have academic qualifications. In other words, he must get special lessons related to the course. That is the generally accepted understanding. This is reinforced by the fact that psychology, counseling, and pastoral counseling courses are usually given to S1 Theology students.(Daniel Ronda, 2015)

Psychological Review

Because worry is at the center of the human psyche, psychologists express the need to review the worries that occur in humans, and various things that have not been detected as the cause of anxiety, and worry. Regarding this concern Paul D. Meier elaborated that:

"Groups affected by this disorder, in which anxiety is the most common feature, include phobic disorders, panic disorders, obsessive compulsive disorders, and various general anxiety disorders. According to estimates 8 to 15 percent of people experience anxiety disorders. (Bethesda, Maryland USA, National Institute of Mental Health, 1985)."(Meier Paul D., 2009)

Experts in everyday life, it turns out that they find it difficult to provide a clear and precise dichotomy between anxiety and fear. Anxiety is mixed with fear. It often happens that the person who feels anxious instead says that he is afraid; And it is better for the frightened

person to reveal that he feels anxious. Which one is the right one? What is clear is that there is such a strong relationship between anxiety and fear that it is difficult to distinguish between what should be anxiety and what is actually fear. (Bourke, 2006)

Regarding this concern, a person named General George Patton, a general of the United States Army (US) when World War II raged. And being the commander of the U.S. Seventh Army on the Mediterranean front once stated, "*Worry does not help anything, but it hurts everything.*" (Saputra Imelda, 2010, p. 24) Worry will never solve anything, even make things worse. In worry there is also a feeling of fear, this reaction results from an excessive feeling of worry. The author highlights this as a problem that must find a solution, of course, according to the theory, psychological assistance is also important.

Worry is a mixture of various circumstances and a tendency toward something that is not yet clear, as psychologist Holly Hazlett Stevens of *the University of Nevada* stated: "*Generalized Anxiety Disorder (GAD is a chronic anxiety condition characterized by excessive and uncontrollable worry and associated somatic symptoms,*" (Stevens, 2008) meaning that GAD is a *General Anxiety Disorder* or generalized anxiety disorder which is usually a chronic anxiety condition characterized by excessive and uncontrollable worry and related somatic (body) symptoms, he continued:

This common trend, which is sometimes "negative affectivity" or nervous tension," is often expressed as diathesis, which makes a person vulnerable to emotional disturbances if another stressful life event occurs in the future. Stressful feelings tend to increase feelings of anxiety which interact with stressful events, resulting in increased anxiety. When biological and psychological weaknesses combine with stressful and difficult life events, a state of anxious worry accompanied by increased tension and increased vigilance and a feeling of threat occurs. Individuals will quickly learn how to easily recognize a threat, or often interpret ambiguous or neutral situations as potentially offensive. In the case of General Anxiety Disorder, the individual eventually develops a fundamental belief that the world is extremely dangerous and believes that he or she will not be able to cope with various difficulties. Eventually, worry becomes the primary means of coping with various perceived threats as he or she attempts to control potential threats and the increasing stress of anxiety. Unsuccessful attempts to gain a primary grip create impaired cognitive processing, which can prevent effective problem solving and constructive action. (Stevens, 2008)

If viewed objectively, it can be said that worry not only has negative aspects but also gives rise to positive aspects, that is, when there is a worry that arises, the individual is moved to protect himself against stimuli or dangers from the outside, thus worry has negative and positive values. In this case Sobur underlined, "There is a positive thing because of worrying, protecting yourself in a state of danger, moving yourself against something that can hurt yourself, looking for a way out, or overcoming it." (Sobur Alex, 2003) To a reasonable extent it is still normal, what is not recommended is to live in constant fear.

Sociological Review

The problem of concern also needs to be examined through a sociological perspective, because humans are social creatures who need others, so it needs to be reviewed

from a sociological perspective. Because Paul's letter to Philippians 6 was addressed to the people in Philippi. This is because through the introduction to sociology, you will be able to see more clearly, both as an individual and as a member of a group or society. Through sociology, it also helps to be able to study society, and to be able to see other cultures that we do not yet know. Also through sociological knowledge, the more they understand the norms, traditions, beliefs, and values embraced by other societies, and understand the differences that exist without it being the reason for conflicts between different members of society. Fourth, delving into sociology makes them more responsive, critical, and rational in dealing with the social phenomena of today's increasingly complex society, and is able to take appropriate and accurate attitudes and actions towards every social situation faced on a daily basis. Elemer Hankiss stated:

If worry and anxiety play such a significant role in our social lives, and even if we try to eliminate them or eliminate them in part through our own efforts, even if we try to suppress them, then it seems logical (to those who do not know otherwise) to think that fear and worry or anxiety would be at the center of thought and research in the social sciences and humanities, for example in the social sciences or in psychology, for instance or at least that they are among the most important topics researched by scholars in these fields.(Elemer Hankiss, 2001)

Sociologists turn out to face two different directions, in one direction looking for problems and suffering and worry, on the other looking for the happiness of humanity that exists in the social world. Likewise in life there is happiness and there is suffering, and another part of suffering is fear, anxiety, anxiety which all have a degree of anxiety, in this case Mark R. Leary and Robin M. Kowalsky stated:

When people who are social phobic are exposed to the feared social situations, they almost invariably experience anxiety, often anxiety that is intense enough to be characterized as a panic attack. For a person to receive a diagnosis of social phobia (also called social anxiety disorder), the person's anxiety must be so extreme that it interferes markedly with the person's daily life, occupational or academic functioning, social life, or relationships, or otherwise becomes very troubling to the person.(Mark R. Leary Robin M, 2000)

Such is the great influence of social concerns experienced by a certain community groups, so it needs to be observed so as not to disturb The lives of individuals who experience it, and it takes insight to understand what is happening in their lives and whether there has been any effort to overcome it in various ways. Regarding this matter of worry and anxiety, Charles T. Millet in his book *Overcoming Anxiety* says:

General Anxiety Disorder People, who experience general anxiety disorder, or GAD, are characterized by experiencing long lasting worry and fear over many things, which can be career, money, family, or even school. Their feelings become irrational, which can have a serious impact on their performance and on their daily work. The problem with people having GAD is their inability to point out the specific fear and the problem in controlling their worry. A form of generalized anxiety disorder affects about three percent of the United States population, but nearly half

of them are women. Those who suffer from GAD attacks usually suffer from constant worry about various things such as health, work problems, financial problems, interpersonal problems, finances, and health problems. While this can be said about most folks from time to time, those with GAD feel anxiety regarding a specific situation far more strongly than the situation warrants. The symptoms of generalized anxiety disorder are the same as common anxiety, except they are more chronic and severe. Signs include increased anxiety and worry, persistent dizziness, irritability, difficulty concentrating, restlessness, weakness and fatigue, sweating, difficulty resting, feeling like vomiting, persistent nausea, an unstable stomach feeling of twisting and restlessness and impending doom. Panic Disorder. A disturbing feeling of panic characterized by a sense of imminent threat, A panic attack is described as the sudden feeling of fear and rush to get away from something, scrambling to get to the nearest exit. This is a form of strong feelings and a sense of wanting to overcome that something bad will happen. (Millet Charles T, 2019)

By paying attention to the above, the author states that the symptoms of anxiety behavior and its countermeasures must at least understand what exactly is the problem, and counselors or pastoral counseling companions need to learn various types of anxiety such as career, family, education, health and others. It needs to be observed by counselors in providing guidance to counselors, to open their minds and explain that worry or anxiety only implies that God does not exist as Robert B. Hughes said;

Paul called believers to have peace in all circumstance(4:6-7). On anxiety or worry, see Matthew 6:25, 27-28, 31, 33-34. Worry implies that God is not present. To pray with thanksgiving show a spirit of humble submissiveness. God does not promise to answers all prayers of believers. But He does promise peace. (Hughes Robert B. & Laney Carl J., 2001, p. 606)

So the emergence of worries in human life turns out to be caused by many factors, possible causes of worry can be from work, feuds between business partners, deteriorating health problems, death problems, problems with ideals, unmet needs, household problems or marital relationships and so on. Everyone can experience anxiety in him, due to the excessive fear that presses on him, this is revealed as a true story when the Apostle Peter and his disciples were on a ship in the middle of the Sea of Galilee. This is a very real example of worry and anxiety.

At that time the strong wind caused their boat to toss uncontrollably (Matt.14:24). In the midst of Peter and his friends' difficulties, Jesus suddenly appeared walking on water toward them (Matt. 14:25). However, when Jesus had already announced who He was by saying, "Be of peace! I'm this, don't be afraid!" (Matt.14:27), Peter and the other disciples were still doubtful and unbelieving of what they saw with their own eyes. This is revealed from Peter's answer, "Lord, if you are, send me to come to you and walk on water" (Matt. 14:28). An answer as well as wanting to affirm the identity of the figure they witnessed walking outside the norm. Jesus' answer: "Come!" (Matt. 14:29), reassuring Peter. Therefore, in faith he walked on the water and approached Him. However, the strong wind and the huge waves of the lake made him start to hesitate and think about the danger that threatened the place where he was standing back then. His worries led him to question whether he could

walk on water as Jesus did. This great worry caused Peter to lose his relationship of faith with Jesus, who supported him on the water, so that he drowned. Yet, he cried out, "God help me!" (Matt. 14:30) restored his relationship with Jesus so that he was able to reach Jesus' hand and escape danger.

Here it is clear that worries or anxieties come from oneself, to overcome them the Apostle Paul once stated in Philippians 4:6 affirming: "Do not be anxious about anything, but in all things declare your desire to God in prayer and supplication with thanksgiving." This verse can be a guide in pastoral counseling for a person or anyone so that they are no longer worried about the uncertainty of their life. Anxiety will only interfere with common sense so that worries arise that can paralyze mental health, in this case, of course, positive thinking can be lost due to anxiety pressure. At that time, the intellect is paralyzed and what appears is a negative thought that is very detrimental to oneself because the anxiety that a person feels can be used by Satan to harm himself, as the Lord Jesus said in John 10: 10a "Thieves come only to steal and kill and destroy," even a small trigger becomes an opportunity for the worried to find and make himself encounter difficulties. Worry can aggravate anxiety, meaning that if the worry increases, it will eat away at the health of both the soul and body of the person who is full of worry.

Regarding Paul's concerns, Warren W. Wiersbe has the following opinion:

What is worry? The Greek word translated "worry" in Philippians 4:6 means "to be drawn in a different direction." The expectation is to pull in one direction only; our worry ends up shifting us in a very different direction; and finally we move and are in a different separated place!

The Old English root word from which the word worry is derived means "to strangle." If you're a real worrier, you know how worry can strangle a person!

In fact, worry eventually has negative and definite physical consequences: headaches, neck pain, acid reflux, even back pain. Worry greatly affects the way we think, even our digestion, and our overall coordination. Seen from a spiritual perspective, anxiety and worry are inappropriate ways of thinking (mind) and feeling (heart) about circumstances, people, and things.

Worry is the greatest thief of joy. Sometimes it is not easy for us to tell ourselves to "not think about worries" because then we will never be able to tie up the thief. Anxiety and Worry are "the inner workings of our body," and it takes more than good intentions to win the gold medal. (Warren W. Wiersbe, 2003)

In this study of anxiety and concern, the author found this very appropriate counsel when Paul sent a letter to the Philippians.

Merimnao (greek) in English this word is translated with *(to be anxious distracted, verb imperative present active 2nd person plural)*. (BibleWorks, 2010) Translation: (to be agitated disturbed, the verb of the command time is present active for the second person plural). This word is written in the sentence of the direct command active to the second person plural and is done now. In the Greek syntax of Budyo Pantoro, the basic use of the

imperative form is divided into several modes, namely: The first mode of imperative is "imperative mode Cohortatif"(Budyo Pantoro, 2008) which means a positive command. The second mode is, "Imperative Prohibitive" which means a negative command. The third mode is the imperative "supplication" which means that the singular first person asks the plural second person to take part in what the singular first person does through the given order and the outcome of the action depends heavily on the plural second person receiving the order from the singular first person.

In this case, the Apostle Paul stated emphatically that everyone in Philippi should do his counsel, namely: *"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving, If any problem occurs, convey it to God with prayer and gratitude."*

The author found that worry comes from the Greek word *merimnao* (*μεριμνάω*). But from various translations, it turns out that there are some differences so that some write *do not worry, do not be anxious, do not be afraid*, meaning don't worry, don't be anxious and don't be afraid, but all of them are a series of interrelated mixtures and are a form of worry that must be resolved. Regarding how to deal with the problem of worry, fear, anxiety, anxiety or whatever it is, E.C. Wittmann and C.R. Bollman explained:

Fear and anxiety are supposedly ills of modern times. But didn't the ancient Israelites experience the same feelings in Egypt? Wasn't Daniel fearful in the fiery furnace? And weren't the disciples most anxious and fearful when Jesus was led before Pilate? Fear and anxiety have been part of life ever since Adam and Eve were driven from the Garden of Eden. Sometimes, though, our fears and our anxieties reach such mammoth proportions that we cannot cope with our feelings. Indeed, our fears may become so intense and so consuming that they do not allow us to solve our problems. When that happens, we must turn to the Bible for help and for guidance, and within the pages of this Good Book we will find: The Lord is my light and my salvation; whom shall I fear? If my strength comes from God; Whom shall I fear? Psalms. 27:1.(E.C. Wittman, 2000)

In the case of concerns that have been expressed ahead due to future problems, financial problems, health problems, children's or work problems and daily needs, all of them should be conveyed in prayer as affirmed by Cliff Kwong and Andrew Kwong:

Consequently, when we worry and fear, we can do these things: 1. List our worries one by one to form a worry list. 2. Transform the worry list into a prayer list. Wonderful things would be discovered by praying for our worries one by one. 3. Transfer the prayer items to an action list. God always gives us wisdom and intelligence to know what actions we should take. The actions may seem minor, but great improvements are already made when compared with doing nothing and merely worrying.(Cliff Kwong dan Andrew Kwong, 2010)

The above explanation becomes clear and it is a breakthrough of faith that Christians are advised to turn a list of worries into a list of prayers and thanksgiving, God wants His people to rejoice in any situation, as Paul expected. Paul finally wrote that if we do this right,

then what we will get is the peace of God, even beyond all reason so that we will be able to keep the heart and mind in Christ Jesus.

Because our struggle is exactly the same as experienced by experts in distinguishing between worry and anxiety, worry with fear, worry with panic, worry with concern. The most common approach from researchers is to place worry as the cognitive (mind) side of anxiety. Anxiety has additional physiological symptoms, namely tense veins and a faster heart rate. The approach to the definition of worry is related to the concept of anxiety itself.(Andrew Blythe, 2017) However, the concept of worry does not simply discard the meaning of anxiety, because in fact the meaning of anxiety is broader and related to various other factors of human inner suffering.

Actually, several things related to worrying about the future have been felt by everyone and if a person is worried, he is actually thinking about anticipating events if the things he thinks will happen, so worry is also a self-protection power if it is properly managed.(Kennedy, 2024)

Noting that Paul had actually gained knowledge from God about anything, and even unexplained worries about how to deal with them, John Mac Arthur, one of the most famous writers of The New York Times, wrote:

Giving thanks to God will free us from worry, anxiety and fear. This is evidence that we believe that our circumstances are under God's control and sovereignty. And this is easier to do, because there are so many blessings to be grateful for, because we know that God will definitely meet all our needs (Phil. 4:19), that God is always very closely connected to human life (Ps. 139:3), that God always cares about our needs (1 Pet. 5:7), that all power in this world belongs to Him (Ps. 62:11), that God makes humans to be like Jesus Christ (Rom. 8:29; Phil. 1:6), and that nothing escapes His attention (Ps. 147:5).(John Mac Arthur, 2012)

In this contextual explanation Paul has written not “why worry” but “do not worry” and reassured Christians by outlining what to do and what happens if you follow his advice. Paul has no less exhorted all the people he met to pray and be thankful if they faced a worrying problem,(James P.Gills, 2019) in this case Paul had done his best to advise all those who were worried.

The apostle Paul counseled that with excessive worry shown is destructive but the concern forbidden by the apostle Paul is a negative worry, because this worry will lose trust and faith in God in Christ Jesus. On negative worries placed as at a crossroads, so as not to choose any action, what happens is that “worries create a frightening image in the mind, reinforcing the idea that danger really exists.”(Wayne Froggatt, 2003)

Conclusion:

Everything about this life must be prepared, in the future if there is an obstacle then we will be ready to face it, this is related to whoever the Messenger is sent by God to give advice to His people and whoever does what is commanded, it gives supernatural strength to overcome

every problem, especially for the people as His beloved chosen people. As the Apostle Peter said: Cast all your worries on Him, for He is the One who takes care of you.

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