

**Q.** I've been struggling with this problem recently where I find I get almost panicky when I have to do certain things like a presentation at school. Or, when I'm out somewhere, I'll feel as if everybody is looking at me. I haven't told anyone yet, because it sounds silly when I say it out loud. What do you think?

**A.** **Pastor Shawn and Auntie Lian:** Thank you for your question. It sounds from your description that you were experiencing anxiety in certain situations. I'm glad you told us and said it out loud, because this is nothing to be ashamed of.

The Bible says in Philippians 4:6, "Do not be anxious about anything, but in every situation, by prayer and petition, with Thanksgiving, present your requests to God" (NLT).

This scripture goes deeper than it might appear. Often anxiety comes from thinking about the "what ifs" instead of the "what is." The Bible verse is talking about speaking to God about what's bothering you in the here and now, instead of focusing on what you think might happen or things you can't control in the future.

Even Jesus recognized the importance of not getting lost in the "what ifs" and staying focused on what's in the present. Jesus says in Matthew 6:34,

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" (NIV).

If you find yourself getting anxious, focus on the truth of the situation and not the worries of the what ifs. That being said, if you find that your anxiety reaches a level that stops you from having fun and from getting things done, you may need to speak to a therapist. Start by talking to your parents, and together you can find a way to get through this. ■

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*Do you have a question for Pastor Shawn and Auntie Lian?  
Email it to [messenger@adventist.ca](mailto:messenger@adventist.ca).*

**NOCAP**  
Straight Talk

w/Pastor Shawn and Auntie Lian

