

When the Enemy Attacks With Anxiety, Do These Things

Maybe as a minister, I see people a little differently. I think God gives different burdens to different people. My commitment is to see people living the life God created for them. As I have said many times, we were born for a reason. That reason is under attack. Satan does not care about me living any practical everyday life. What concerns the devil is when a Christian starts living a God-designed life.

Working and living in God's purpose creates satisfaction, peace, contentment and success. Living outside that purpose is a life of continued frustration and minimal success at best. God created us not to be self-centered, but centered on the needs of others. In my show, I desire to expose schemes, problems and issues. I do not want the issue to be the focus, but the issue must be discussed in order for it to be reconciled.

I just held a great interview with Nelson Alsup about the rise of anxiety and fear in our current, disturbing time. We discussed how anxiety can trigger depression and how to handle this in a healthy way.

I love to talk about the subject of depression because I suffered with it for so long. It is a disease that is difficult to understand unless you have lived it. But it is a disease that is entirely curable. I will openly discuss anything that is causing us distraction, hindrance or harm.

I focus on the problem so I can focus on setting people free to be all God created them to be. My burden is for people. I do not want to see people hurt, nor do I want to see people deceived. I want to see people free, happy and living fully as children of the King of kings.

I hope and pray that my podcast will bring to light a lot of practical issues and give people real answers. That is why I discuss tough things like depression, pastor burnout, schemes of the enemy, the dysfunctional family and many other challenging issues.

Historically, times of peace and prosperity were preceded by a war. The purpose of the war was always to defeat the enemy and bring peace. Perhaps that is why I hope this episode of *Self Talk* on the Charisma Podcast Network will help defeat the enemy and bring peace and joy to as many people as possible.
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Dr. Ray Self is the president of the International College of Ministry and the author of *Redeeming Your Past* and *Finding Your Promised Land* and *Hear His Voice Be His Voice*. Both books are available at [. Be sure to like, subscribe and download Self Talk](#). Take a look at his college website at [for a free degree assessment and the study now and enroll later program](#).