

**Theme: “Deliver us from every evil & protect us from every anxiety” - prayer after the Our Father and before receiving the Lord in Eucharist.**

**Jesus is the one who delivers us and protects us from anxiety.**

**A. Anxiety = common emotion / no one exempt from it**

- that state of being uneasy ... of being apprehensive, worried about
- what might happen next ... living with constant stress
- we even have a movie about anxiety (though a humorous movie, anxiety is nothing to laugh at 1977 Movie: “High Anxiety” directed by and starring Mel Brooks ... played the role of Dr. Thorndyke who goes to work at a Psychiatric Institute for the Very, Very Nervous

**B. Scripture: second reading: “I want you free from all anxiety” (good luck!!!)**

**Gospel: man with the unclean spirit ... filled with anxiety – shouts out to Jesus – “what do you have to do with us? Have you come to destroy us?”  
Jesus comes, rather, to deliver and protect ... our friend and Redeemer**

**C. Two things about anxiety – an experience on Tuesday morning / a piece of history**

**Tuesday morning I witness the power of someone who believe that Jesus had something to do with her ... not with an unclean spirit ... but someone with a broken spirit, a crushed body, a life extremely limited**

**Tasha Schuh ... Jan. 27, 2009 KI Center**

**Salvation Army prayer breakfast ... Ellsworth, WI - Tasha Schuh (28) ... fell 16 feet through a trap door rehearsing for “The Wizard of Oz” (at age 13 ... paralyzed from the chest down... now in a wheelchair 13 years ... path of depression, despair ...survived neck surgery, double pneumonia, septic shock, 108 body temp... five months in hospital ... mad at God .. two women persistent in prayer ... helped her overcome emotional, physical problem. “God lived inside me... has a plan for my life” two bachelors degrees, owns her own house, drives a van, sings at weddings ... “Don’t feel sorry for me. I am happier than ever, I live a stress-free life.” She was delivered and protected by the Lord.**

**Image of anxiety ... in American history, between 1790’s until after the Civil War, many religious revivals took place across our country ... one feature of those revival was to have what was called an “anxious seat” next to the preacher for those members of the congregation who had a troubled conscience and who were seeking salvation ... I would call it an “Anxiety Bench” ...**

**people would come forward and sit there ... the community would pray for them to be delivered of their anxiety ... possibly of their sin ... [I’m thinking of talking to the parish council about ordering one for Resurrection]**

**My anxieties: throwing out the game ball at Lambeau Field / having to make a 3 foot putt / running out of sauerkraut // big anxieties: illness, unemployment, war, broken relationships // Jesus comes to deliver, protect, to be with us in all our anxieties.**