

Understanding Anxiety



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ANXIETY

DEFINED

- Uncertainty about upcoming events. Worry to distress.
- Whittling on God's end of the stick
- Concern about how we handled a matter and responses



ANXIETY

False

Evidence

Appearing

Real



3 GUARDIAN VERSES

Matthew 6: 25

Philippians 4: 6-7

1 Peter 5:7



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Matthew 6:25

“For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is not life more than food, and the body more than clothing?”

1 Peter 5:7

“casting all your anxiety on Him, because He cares for you.”



Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. **7** And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.



ANXIETY

Lessons from these 3 verses:

1. The Christian involves God in his/her troubles

* Prayer (petition)

* Supplication (begging, pleading)

This involves:

- Father (Matthew 6:9-11; John 16:23)

- Son (John 1:14; 14:6)

- Holy Spirit (Romans 8:26)

2. You have help – don't have to face life alone
(Ps. 23)



ANXIETY

Some Worry/Anxiety is Normal

- Normal amounts of anxiety can actually help you respond to threats and feel motivated to get things done.



Examples:

Passages To Consider

All people worry:

Paul – 2Cor. 1: 8-19, 4: 8-10, 7: 5, 11: 3, 28

Epaphroditus – Phil. 2: 25, 26

Elijah – 1 Kings 19

Habakkuk



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Some causes of Anxiety/Worry

- Medical issues
- Medications
- Sin (Psalm 38:18; Hebrews 5:12-14))
- Daily difficulties (Numbers 21:4-5)
- Family concerns (1 Kings 9:5; 10:2)
- Uncertain future
- “Stinking Thinking”



Unenforceable Rules:

- ✓ **Life must be FAIR**
- ✓ **People must treat me the way I want**
- ✓ **(My) Life should be easy**
 - ✓ **vs. Life may be difficult, but I will not let it crush me**



Unenforceable Rules:

- ✓ **My parents should have treated me better**
- ✓ **My partner must be faithful**
- ✓ **People must be honest with me**
- ✓ **My past should have been different, better**



Responses to Anxiety

- Silence (Psalm 32:3-4; Proverbs 12:25; 38:10)
- Panic Attacks
- “What if” games
- Cognitive distortions

SOLUTIONS



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Questions to ask yourself?

- Do you make time each day for yourself?
- Are you getting the emotional support that you need?
- Are you taking care of your body?
- Are you overloaded with responsibility?
- Do you ask for help when you need it?
- Do you know how to bring your life into balance?



Some Suggested Solutions

- ✓ **Pray to God for strength and guidance**
- ✓ **Confess any sin/misbehavior causing the anxiety**
- ✓ **Do something (else) productive**



Some Suggested Solutions

- ✓ **Proper nutrition/hydration – Elijah**
- ✓ **Appropriate medications (if indicated)**
- ✓ **Give and receive positive feedback, encouragement**
- ✓ **Change the “channel”**



Changing Channels

- ✓ Re-focus on the positive things in our lives
- ✓ Change the “channel” (our “remote control” may be stuck on the bad) to the
 - ✓ Gratitude channel
 - ✓ Beauty channel
 - ✓ Love channel
- ✓ Escape Tyranny of *Unenforceable Rules*



MANTRAS

- “I can” Philippians
- “I am not alone”
(Psalm 23) (Note: what
does a rod and staff do?)



HOPE AND HELP



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