

ANXIETY

Anxiety is an emotion. Emotions don't think. The mind has beliefs, which cause our will to make choices, which creates our emotions.

It can become a disorder when feelings of worry, fear or unease become excessive, persistent or interfere with daily activities. Anxiety is fear reacting in overdrive.

Types of anxiety disorders...



- generalised anxiety
- panic disorder
- social anxiety
- obsessive-compulsive disorder
- post-traumatic stress disorder

Origin

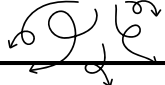
Doubt
Worry
Fear
Anxiety

Anxiety may feel like...

- nervousness
- rapid heartbeat
- racing thoughts
- irritable, agitated
- muscle tension
- shortness of breath
- being on edge
- nausea or diarrhoea
- feelings of doom



Practical ways to minimize anxiety



- deep breathing
- adequate sleep
- limiting caffeine
- seek help to discuss biblical solutions
- eliminate alcohol
- regular exercise
- balanced diet
- participate in relaxing activities

3 Great Needs:

Security
Significance
Strength



Some Causes of Anxiety:

- Serious trauma
- Children raised in homes where fear was used to control them tend to have difficulty learning new ways of thinking, responding to life's difficulties, and personal failures.
- Women with abusive husbands often live confused and unable to think clearly.
- People who hide sin or carry secret guilt are often paranoid, fearful, and worried.
- Certain medications can also cause anxiety, so it is important to note the side-effects.



Normal anxiety is given by God to help deal with potentially dangerous and difficult problems. There is a certain level of resistance that helps develop, not only strength of our physical bodies, but also strength of character.

Consequences of Anxiety



When our security is threatened, faith responds with Romans 8:36-39.

When significance is threatened, faith responds with Colossians 2:9-10.

When strength is threatened, faith responds with Colossians 1:11.

All three of these needs are met in our identity in Christ. Christ must be the functional source of our life.

The problem with living in our identity is the flesh gets in the way. The flesh is the part of us that wants to live independent from God. If it cannot get us to disobey God, it will tempt us to not rely upon God's strength. This is mentality common among toddlers. You will often find them saying, "I do it myself!"

ROOTS OF ANXIETY

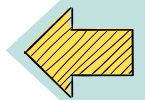
Write out Matthew 6:24

Write out 3 or more observations from this verse:

Why can't someone serve 2 masters?

What are some of the results of having God as your Master, as opposed to anything/anyone else?

Questions to consider:



Root #1

God is
your Lord
& Master



We do not often think about those who rule over us as a lord or a master. That thought has dissolved over time in our thinking as we have continued the American way of government that is by the people and for the people. A master has every right to do what he wants with his servants. Often they were served out of fear. God invites us to allow Him to rule our life. When we live in the flesh we are not allowing God to be the ruler of our hearts and lives. We are living independently from God, either by refusing to obey His Word or trying to do His will in our own power. This false thinking leads to anxiety because essentially we are saying that we doubt God's ability to lead us correctly or enable us to do what He has given us to do.

Write out Matthew 6:25-32

Write out 3 or more observations from these verses:

What title for God is mentioned twice in this section of verses?

What is the significance of this title?

According to this passage what are the qualities of a good father?,

Questions to consider:



Root #2

God is your
perfect &
loving
Father

There is an idea out there that how our earthly fathers treated us determines how we view God as our Heavenly Father. While there is an element of truth in this, there is one major flaw: to have a bad example of a father, you have to have a standard to compare it to. God is our perfect and loving Heavenly Father. He cares for our needs. He wants to give us good things (See Matthew 7:7-11). He is always aware of our needs and where we are in life. At times, it may seem that God has forgotten us, but that is never the case. He loves us and cares for us deeply. He knows our needs and will meet them in His time and in His way. When we begin to doubt God's tender care it leads to worry. Worry left to fill our mind turns to anxiety. We must have faith in God, His ability and willingness to care for us.

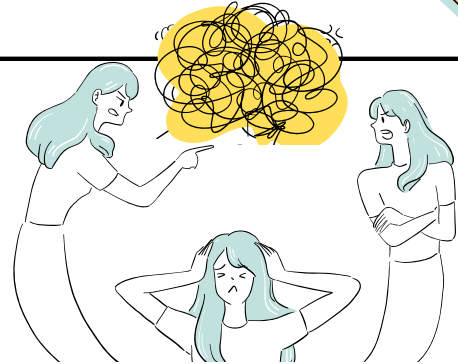
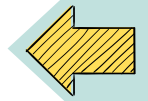
Write out Matthew 6:33

Write out 3 or more observations from this verse:

What is the command in this verse?

When this command is obeyed, what is the result?

Questions to consider:



Root #3

Seek God
& His will
first

It seems that it is easy to believe God for salvation but not for life. We can trust Him to save us from Hell and take us to Heaven for all eternity, yet we struggle to trust Him for our day-to-day struggles. It seems the Galatians also struggled with this. They knew their Christian life began in the Spirit but they tried their own way to become what God wanted them to be (Galatians 3:3). Read 2 Peter 1:2-9. God has given us everything we need in our identity in Christ to live a godly life that has peace. As we are faithful to learn about Jesus and how his death, burial, resurrection, and ascension apply to us we see that we can indeed live free from doubt which leads to anxiety. God has a plan for our life. God is working His will in our life (Philippians 2:13) and we can be confident He will accomplish it (Philippians 1:6) but we must be fully surrendered to His will and way for us.

Write out Matthew 6:34

Write out 3 or more observations from this verse:



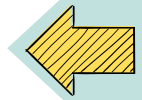
Root #4

Live
today

Explain what the first sentence of this verse means:

What one thing would change in your life, if the majority of your thoughts were focused on what is happening today rather than planning for the future or remembering the regrets of your past?

Questions to consider:



We all face the unknown and with it comes fear and doubt. One example might be a doctor's appointment or a meeting our boss asked for. Either of those scenarios and a host of others cause us to be anxious about what might happen. We want to borrow from the grace we will need at our appointment with the doctor or the boss but that is not how God has designed the Christian life. Rather, He wants us to trust Him until the appointment time and allow Him to use that time to build our faith in Him. What are we to trust Him for? That when the moment we dread arrives He will give us the exact peace, grace, love, joy, etc. that we need for the uncomfortable moment. When we choose to worry our time away we miss out on the faith-building time God has appointed to us.