

A person with long hair, wearing a blue and white checkered shirt and light-colored pants, is sitting on a couch. They have their hands pressed against their head, suggesting distress or anxiety. The background is a simple, neutral-toned room with a couch and pillows.

DEALING WITH
ANXIETY

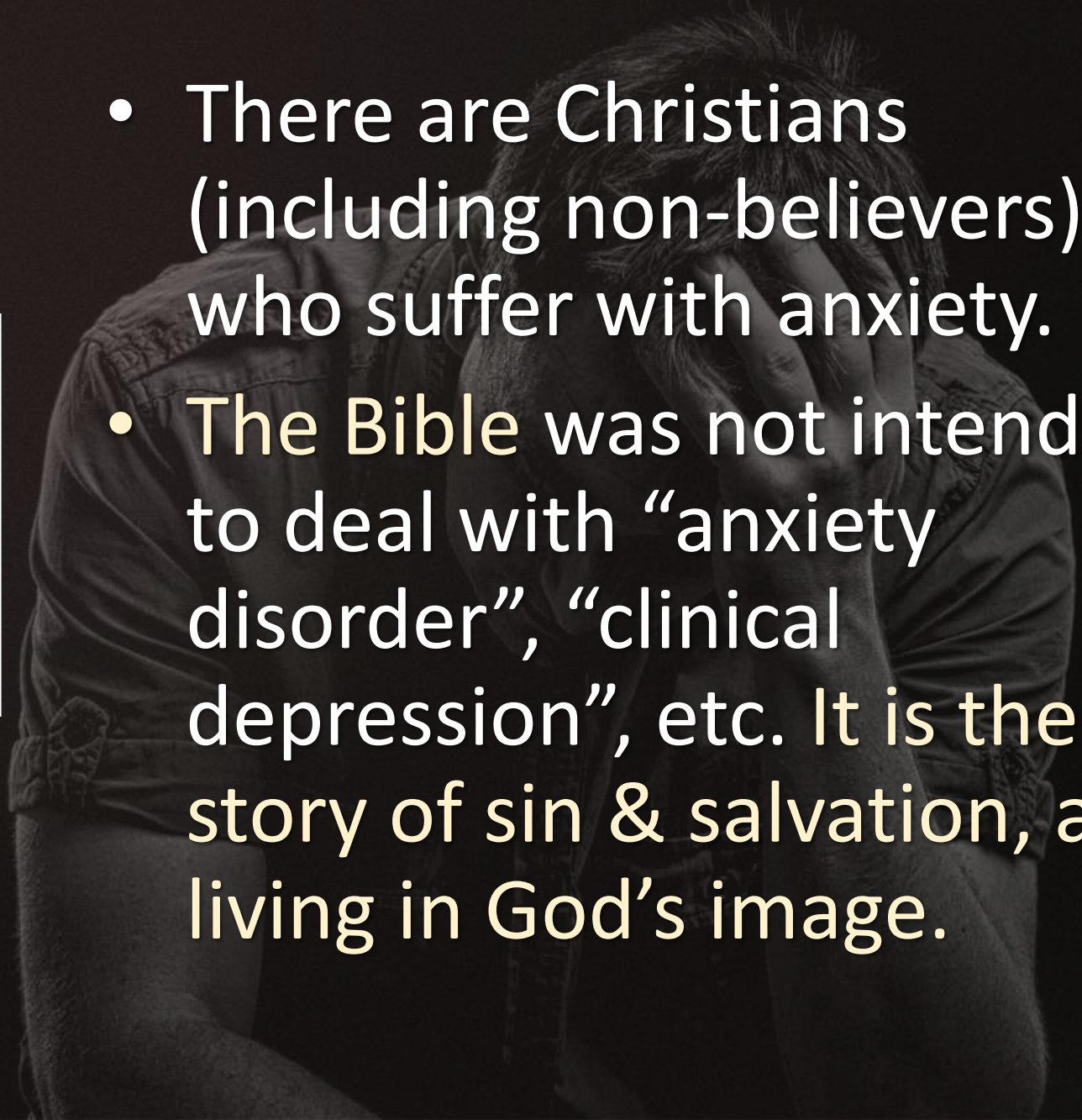


DEALING WITH ANXIETY

In our Modern Church Society
ANXIETY is a fear many (most) in the
Lord's church do not want to talk about.

Disclaimers

- There are Christians (including non-believers) who suffer with anxiety.
- The Bible was not intended to deal with “anxiety disorder”, “clinical depression”, etc. It is the story of sin & salvation, and living in God’s image.



Things We Worry (Have Anxiety) About*

- Day-to-day: food, medical, housing, etc.
Matt. 6:25-32
- Relationships: spouse, family, friends, etc.
1 Cor. 7:32-35
- Reputation: how we're perceived.
- Events. Cp. Matt. 10:19
- Spiritual: our walk with God, assurance of salvation, etc.

With clinical anxiety: unknown causes can be triggers.



DEALING WITH ANXIETY

Reminders: We're ALL "broken"
people living in a broken world...

Anxiety is a natural reaction to the
trials of life in this broken world.

What benefit is there to anxiety/worry?

- Certain animals (let alone people in the image of God) don't have houses, don't work, or storages... yet God feeds them.
Lk. 12:22-24
- Worrying does **NOTHING** to help your situation.



DEALING WITH ANXIETY

So, What's the Answer?

Trust in God & Prayer

- The answer is “easy” if:
 - We do not rely on our own strength.
 - We trust in the grace of God to provide and pray WITH THANKSGIVING. Phil. 4:6-7
- In reality, the answer is NOT EASY... because we have difficulty letting go of control.