

10—Overcoming Anxiety

3/20/22

INTRO:

I. → **Philippians 4:6-8**

*6 Do not be anxious about anything, but in every situation, by **prayer and petition**, with thanksgiving, present your requests to God. 7 And the **peace of God**, which transcends all understanding, will guard your hearts and your **minds** in Christ Jesus.*

*→ 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things.***

II. Grk (*merimnáo*) to be anxious, distracted, preoccupied

III. **ANXIETY DISORDER**

Generally, symptoms must be present for at least six months, occur more days than not, and significantly impair a person's ability to function in daily life.

A. Social Anxiety, Agoraphobia

B. Separation Anxiety

C. Panic Disorder

D. Specific Phobia

E. Generalized Anxiety

IV. **CHARLIE BROWN—PANTOPHOBIA**

BODY:

I. **Understanding Fear**

Do not be anxious about anything

A. Worry is a problem when we focus only on the negative.

1) **Psalms 94:18-19**

*When I said, "My foot is slipping,"
your unfailing love, Lord, supported me.
When **anxiety** was great within me,
your consolation brought me joy.*

2) LOGICAL RISK ASSESSMENT

B. Trauma can make our fight-or-flight centers oversensitive.

1) **1 John 4:18**

Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love. (NLT)

2) SHAME BASED VS. TRAUMA INFORMED

- a) Abuse from an authority
- b) Food insecurity
- c) Abandonment

II. Practicing Mindfulness

if anything is excellent or praiseworthy—think about such things

A. We become anxious when our minds focus only on danger.

- 1) Involuntary habitual biases in attention and interpretation favoring threat content
 - a) PTSD is experiencing the fear long after the danger
 - b) Anxiety is experiencing fear before it ever happens.

2) **2 Corinthians 10:5**

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

3) FREEZING WHILE ON THE SCAFFOLD

B. Mindfulness finds healthy occupations for our thoughts.

1) **Psalms 1:1-2**

*Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who **meditates** on his law day and night.*

2) VOLUNTARY PROCESSES OF ATTENTION CONTROL

- a) Relaxation
- b) Meditation

c) Prayer—prayer in tongues, frontal cortex inactive

III. Experiencing Peace

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus

A. Sometimes the victory is not letting anxiety stop us.

1) **Psalm 23:4**

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

2) **WORRY EXPOSURE**

Swimming with the sharks

3) **ZELINSKI ADMITTING HE WAS AFRAID**

B. One thing we can always do is bring it to the Lord in prayer.

1) **John 16:24**

Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full. (ESV)

2) **SON GETTING TO MEET HIS SIBLINGS**

OTHER SCRIPTURES:

Matthew 6:34

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Romans 8:15

For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father."

Hebrews 2:14-15

Since the children have flesh and blood, he too shared in their humanity so that by his death he might destroy him who holds the power of death—that is, the devil—and free those who all their lives were held in slavery by their fear of death.