

# 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

**F**alse

**E**vidence

**A**ppearing

**R**eal



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# ***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?
- Do you have too much unproductive time?



## *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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