

FAITH & LIFE

Conversations

Overcoming Anxiety

May 19, 2020
7:00 – 8:00 p.m.

Presented by:
Pat Stream, Pastor of Counseling, ACBC Certified Counselor

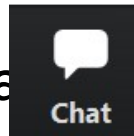
FAITH COMMUNITY CHURCH

Instructions for a Good Experience

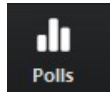
- All microphones are muted



- Asking a question – use chat



- Closing Poll



- This is being recorded for sharing and slide deck will be accessible after viewing.

Agenda

- Understanding Anxiety – 10 minutes
- Practical Strategies for Overcoming Anxiety – 30 minutes
- Question and Answer – 10 minutes
- Prayer – 10 minutes

Common Symptoms

Physical	Mental and Emotional
<ul style="list-style-type: none">• Headaches• Neck Pain• Numbness in the hands or feet• Burning sensations• A nervous stomach• Clammy, shaky hands, sweating• Shortness of breath• Fatigue• Hearing a humming or buzzing noise• Panic attacks: palpitations, sensation of choking, chest pains or tightness, fear of dying	<ul style="list-style-type: none">• "Brain fog"• Unable to stick to one thought• Depersonalization• Disorientation• And memory loss• Irritability• Aggression• Sense of impending doom• Mood swings• Going "numb"

Understanding Anxiety

Medical

Body problems with known symptoms of Anxiety

1. Endocrine disorders
2. Neurological disorders
3. Medications and drugs (legal or illegal; prescription or OTC)
4. Mitral valve prolapse

Psychiatry

The American Psychiatric Associations Diagnostic Statistical Manual of Mental Disorders (i.e. the DSM-5) lists three categories for Anxiety.

1. Anxiety disorders: General Anxiety, Separation Anxiety, Social Anxiety, Panic Attacks, Anxiety Disorder Due to Another Medical Condition.
2. Obsessive Compulsive Disorders: OCD, Body dysmorphic disorder, hoarding disorder.
3. Trauma and Stressor-related Disorders: reactive attachment, disinhibited social engagement, PTSD, Adjustment Disorder, or others as specified.

Biblical Wisdom

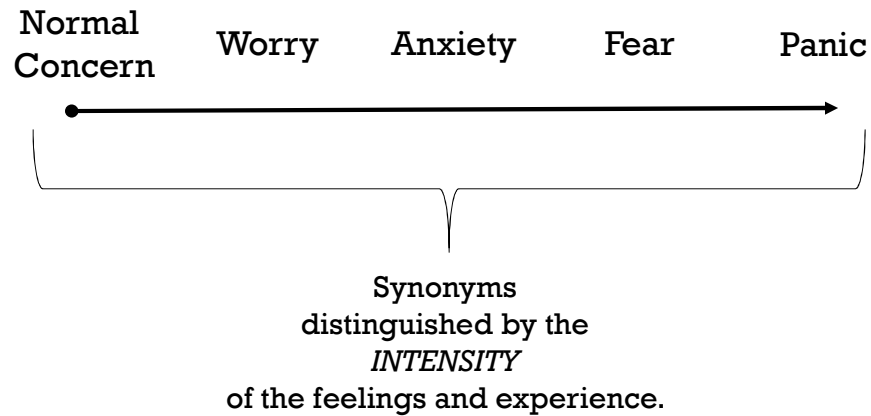
- “Fear not” is used ~365 times in Scripture.
 - This frequency shows the serious reality of the *temptation to worry each day* and
 - *how much God cares about helping us with it by giving us tremendous hope through Jesus Christ.*
- Anxiety can be grouped into three typical categories:
 - 1) fear of Man: receiving disapproval or losing approval,
 - 2) fear of losing something or someone, and
 - 3) fear of the consequences related to 1 and 2.

2 Timothy 3: 16-17 - All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, ¹⁷ that the man of God may be complete, equipped for every good work.

Understanding Anxiety

Bible Wisdom

Normal concerns grow out of control
and negatively affect daily functioning.



Contributors

From the perspective of Psychology, the exact causes for Anxiety are unknown.

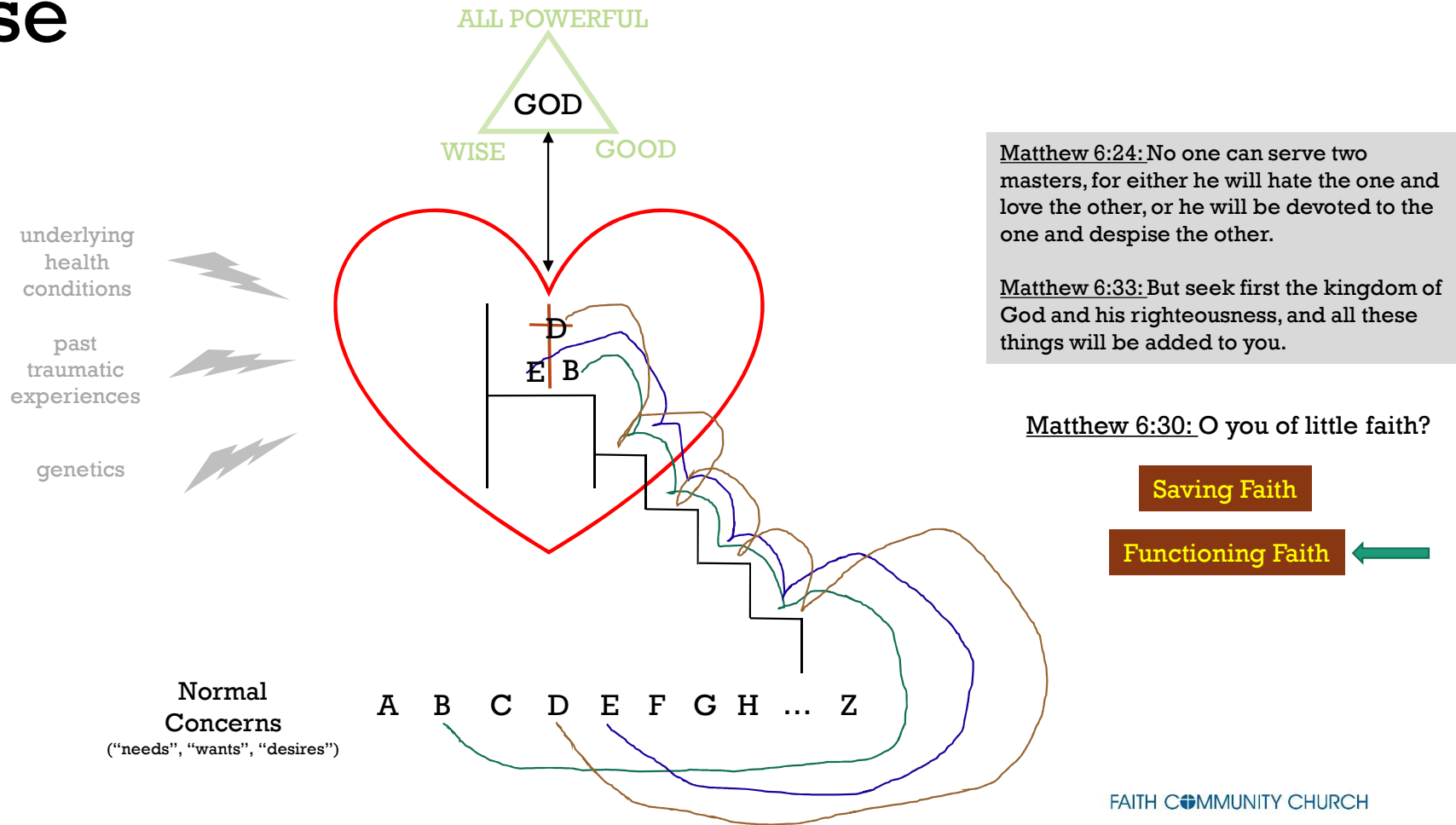
Nevertheless, Psychologists theorize that past traumatic experiences, genetics, or underlying health conditions play a role. ¹

¹ <https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961>

<https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Anxiety-Disorders-FS.pdf>

Understanding Anxiety

Cause



Hope

- Worry/Fear/Anxiety is a universal experience.
 - God knows this and he has provided hope and help for us to root it out of our lives.

John 16:33 I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

Hope

- Worry/Fear/Anxiety is a universal experience.
 - God knows this and he has provided hope and help for us to root it out of our lives.

Hebrews 4:14-16 - ¹⁴ Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. ¹⁵ For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. ¹⁶ Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Seek Help from a Medical Doctor

- Full Physical
- Blood tests
- What about Anti-Anxiety Medications?
 - Great care is needed – sensitive, controversial and complex issue
 - Many assumptions about anxiety and medication flying around
 - High uncertainty and theorizing
 - There is no clear prohibition against the use of anti-anxiety meds - it is a matter of wisdom
 - Diligent research and detailed consultation with a proficient doctor and a biblical oriented pastor is highly recommended
- Are you self-medicating?
 - Alcohol
 - Food
 - Excessive Exercise
 - Isolating

God's Help and Peace

Philippians 4:4-9

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. 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. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

God's Promises

Philippians 4:4-9

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Promises from God:

1. Peace during times when it is lacking
2. God's presence near you when you are anxious
3. God's goal in Christ is communion with you.
4. God's peace for you – a peace we can not obtain on our own.

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Promises from God:

1. The effect of God's peace will keep out anything that brings anxieties and cares
2. Isaiah 26:3: You will keep in perfect peace those whose minds are steadfast, because they trust in you.
3. There is more than just coping mechanisms here – there is real freedom from anxiety.

God's Invitation

Philippians 4:4-9

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God's Invitation:

1. Not a rebuke
2. Not “just stop it”
3. Come close to God – hear his comfort
4. The gentleness of God compels us to gentle self control and restraint.

Practical Strategies for Overcoming Anxiety

God's Invitation

Philippians 4:4-9

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God's Invitation:

1. Anxieties don't just go away – but there is always an invitation to share them with God
2. Be specific
3. Thanking God

God's Invitation

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God's Invitation:

1. Anxieties don't just go away – but there is always an invitation to share them with God
2. Be specific
3. Thanking God
4. Gratitude and anxiety can't happen together at the same time.

God's Challenge

Philippians 4:4-9

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God challenges us to:

1. Arrange our thoughts and life for disciplined living – so that his peace can work in us
2. Think – “take into account”
3. Practice – knowledge leads to doing

God's Challenge

Philippians 4:4-9

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God challenges us to:

1. Take into consideration how to live by focusing your thoughts on whatever is:
 - True = dependable
 - Noble = respectable
 - Right = justness to others
 - Pure = unusual
 - Lovely = loving
 - Admirable = helpful
 - Excellent = God is asking you to do something
 - Praiseworthy = others will give praise to God
2. Take your thoughts captive (2 Corinthians 10:16)

God's Challenge

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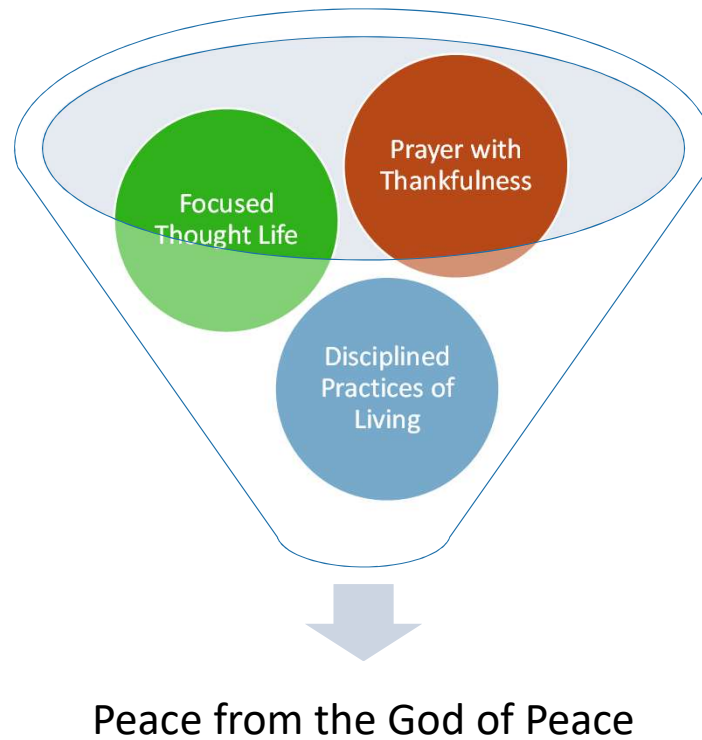
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God challenges us to:

1. Be motivated by what you think about – not what you fear
2. Focus on the responsibilities God has given you in life for now
3. Use other faithful Christians as models to follow

Practical Strategies for Fighting Depression

Tools for Overcoming Anxiety

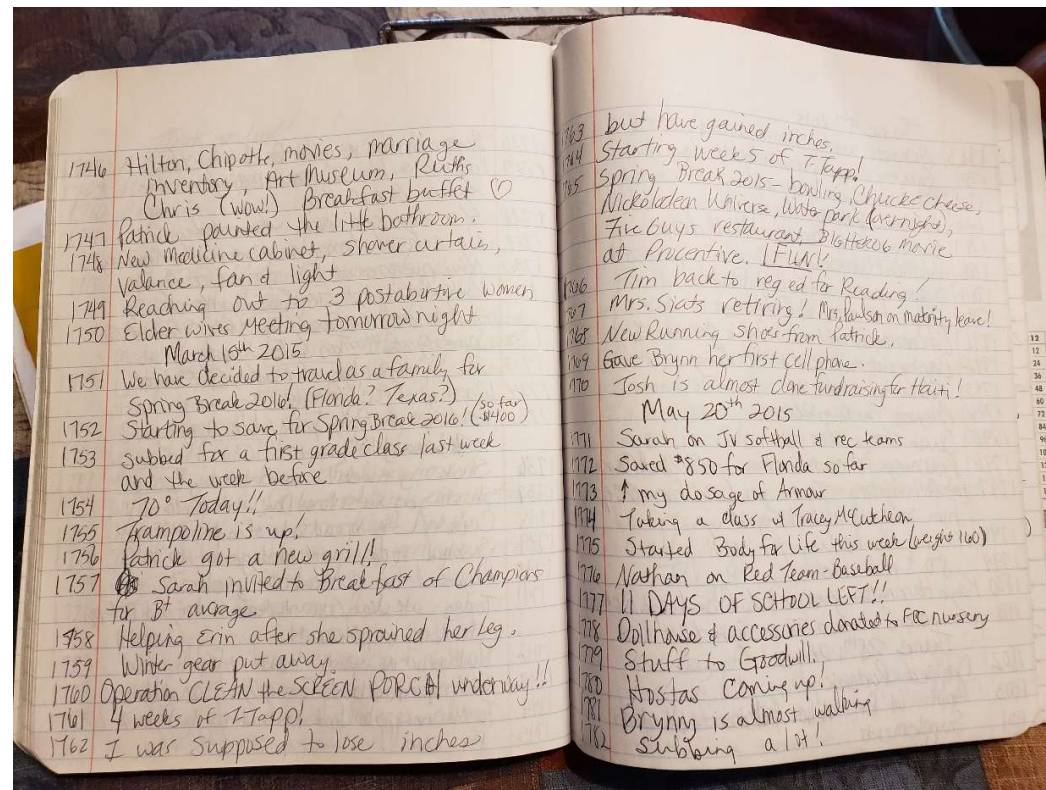


Practical Strategies for Fighting Depression

Tools for Overcoming Anxiety

Gratitude List Challenge

1,000 items!



Tools for Overcoming Anxiety

Demolishing Strongholds – Taking Thoughts Captive Log

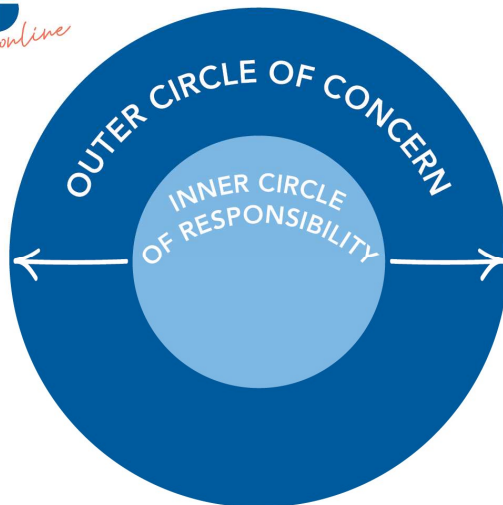
The objective of this exercise is to be able to break down patterns of thinking that are not helpful to you. When we are stuck in negative thinking it may seem as though our mind becomes a magnet for distressing thoughts. As a result we tend to dwell on lies rather than move ourselves towards Godly ideas and feelings. This can often lead to cycles of anxiety, depression and obsessive thinking that may be painful and difficult to break.

Turning to God's Word is the path to freedom. Specifically, 2 Corinthians 10:5 instructs that we are to do fierce battle with our thoughts – “We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,”

Situation <i>Describe event that led to unpleasant emotion</i>	Emotion <i>Specify emotion e.g. sad, angry and rate from 0 (none) to 100 (worst)</i>	Automatic Thought <i>Write down the immediate thought that occurred with the emotion</i>	Truth or Lie <i>What is the evidence that this thought is a truth or lie?</i>	Biblical Truth <i>What truths about God can I remind myself of to replace the lie?</i>	Emotion <i>What emotion are you feeling now? Rate the intensity of the emotion from 0 (none) to 100 (worst)</i>
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Tools for Overcoming Anxiety

Circle of Concerns – Circle of Responsibilities



Adapted from "Instruments in the Redeemer's Hands" by Paul David Tripp.

THE OUTER CIRCLE

represents things that are of concern to me, but are beyond my reach. They are solely **GOD'S** responsibility. I trust God with these concerns.

THE ARROWS

represent worry, when I try to do God's job.

THE INNER CIRCLE

represents things that God has called me to do. They are **MY** responsibility. I faithfully serve in these roles.

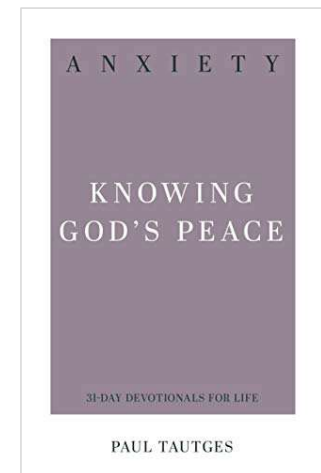
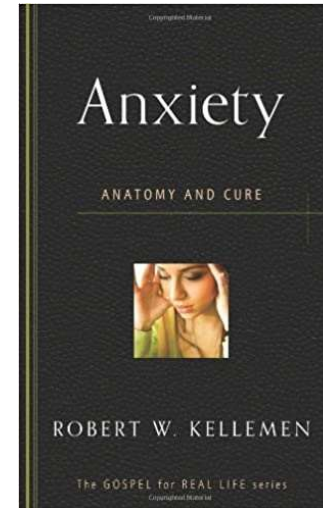
List of Concerns	GOD'S	MY
① My wife's health	① Using for her good	① Be present at her Dr. appts
② My youngest son - ^{connect w/ him}	② You know him better than I do	② Always pursue him to make the response
③ MABC workload	③ God is my God - not academic performance	③ Kill social media to make more time for work.
④ Pastor transition	④ You'll equip me and give me strength	④ Communicate clear expectations to FCC: Family
⑤ Daughter's Deployment	⑤ She's your soldier	⑤ Pray for her always
⑥ Leaky Porch roof	⑥ God will provide the resources	⑥ Get up on roof roof and check shingles
⑦ Long hair		⑥ Get a bid to replace
		⑦ Cut it yourself.

PRESENT ALL TO GOD

Practical Strategies for Fighting Depression

Resources

- Booklet: Anxiety: Anatomy and Cure by Dr. Bob Kellemen
 - <https://www.amazon.com/Anxiety-Anatomy-Cure-Gospel-Real/dp/1596384182>
- Book: Anxiety: Knowing God's Peace 31-day Devotional by Paul Tautges
 - https://www.amazon.com/Anxiety-Knowing-Peace-31-Day-Devotionals-ebook/dp/B07YL733K4/ref=sr_1_3?dchild=1&keywords=31+day+devotionals+for+life+knowing+gods+peace&qid=1589851991&s=books&sr=1-3
- 100 Go-to Bible Texts for Life
 - <https://ibcd.org/wp-content/uploads/2016/04/approximately-100-go-to-texts-for-biblical-counselors.pdf>



Connect with God's Community

Ephesians 4: 14-16

¹⁴ Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. ¹⁵ Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶ From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

Despite how you feel – connection is key

- Missional Communities at FCC
 - Locator here: <https://www.fcchudson.com/missional>
- Weekly Worship Services

Short Term Biblical Coaching

- Free help and hope from the Bible.
 - We believe God's Word, the Bible, is sufficient to resolve life's most challenging situations and questions.
- There is hope and we'd love to help you find it.
- 3-4 weeks covering Anxiety topics.
- Email: patstream@fcchudson.com

- Question and Answer – 5 minutes
- Prayer – 10 minutes
- Poll