

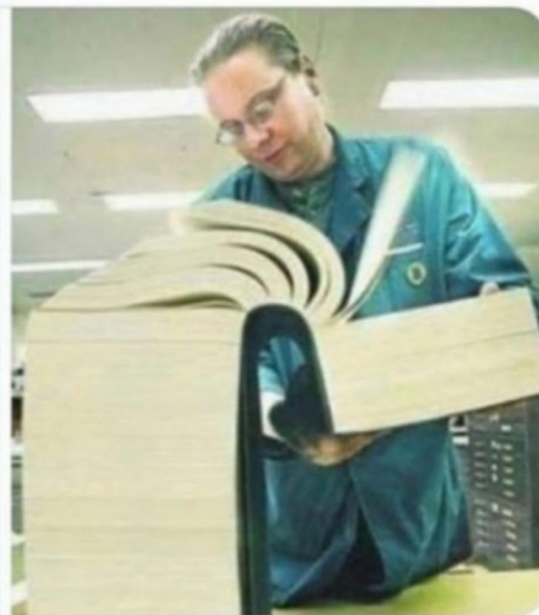
# Anxiety

...

From a Biblical Perspective

How minor the  
Situation is

How much I  
Overthink it





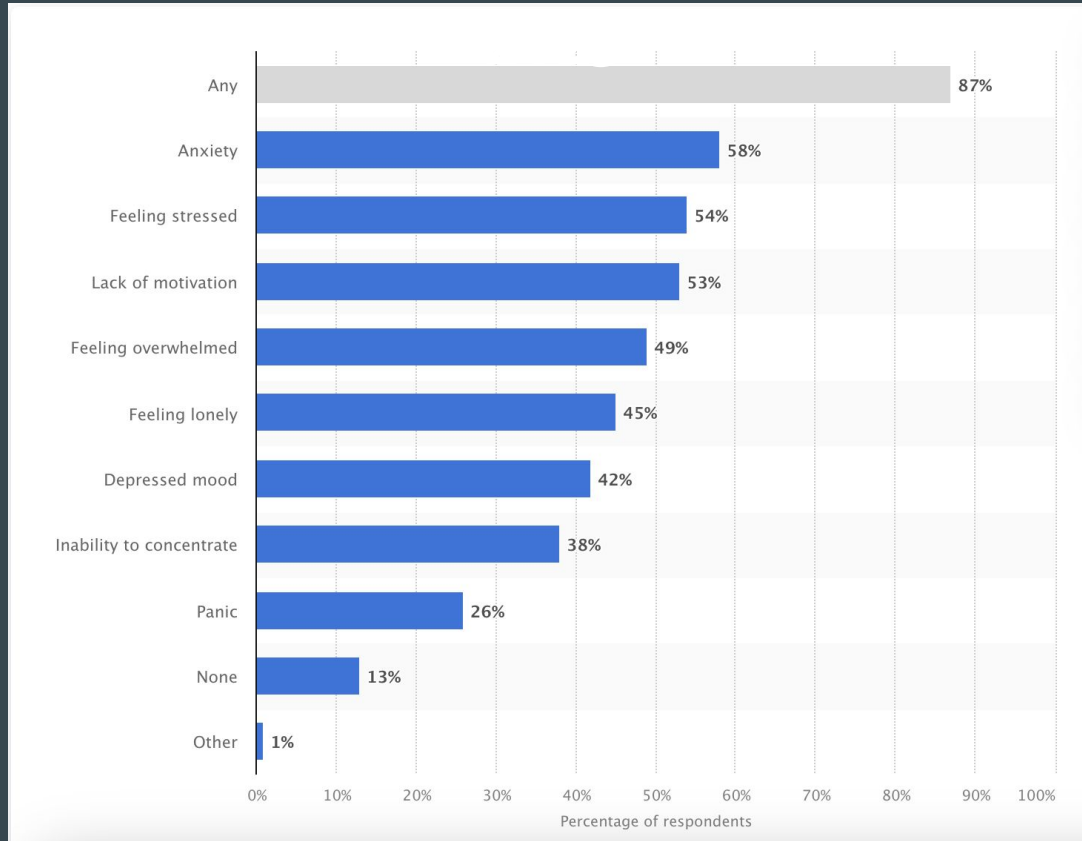
If I go out I'll want to come home, but if I stay home I'll want to go out

Me: I'm finally tired, maybe I can get some sleep...

My anxiety:



# Percentage of US youth who regularly experienced mental health challenges, by type -



**Ages  
14-25**

- Pre-Pandemic : 32% of kids (ages 8-18) showing signs of anxiety (symptomatically)
- Post-Pandemic : Up to 75%
- As of May 2023 : More reports of mental health issues in adolescents than physical health issues
- 40% of young people have seen a therapist
- 42% of GenZ have a mental health *diagnosis*

## Cambridge Dictionary:

An uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future; something that causes a feeling of fear and worry

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## Simple / Basic Definition:

When I look ahead, what I see overwhelms me



**Anxiety is Real**

**Anxiety is Universal**

# If you struggle with anxiety ...

- You are not unusable to God
- You are not “less of” a Human
- You are not “less of” a Christian
- You are not “less loved” by God

# Matthew 6:25-34

Greek Word:

Merimnao

“To be anxious about; to be troubled with  
cares”

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**VERB**

# When the Bible talks about Anxiety:

- Not a **CONDITION**, it's an **ACTION**
- Not an **IDENTITY**, it's a **CHOICE**
- Not who you **ARE**, it's something you **DO**

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**Does not DEFINE you**

**Should not CONTROL you**

## When the Bible talks about Anxiety:

- It is not a sin to “feel” anxious, to “feel” worried, or to “have fear.”
- We can have a sinful response to these feelings



**Being consumed with anxiety, worry, and fear can reveal a lack of faith in the Person and Promises of God**

- **Romans 14:23**
- **Hebrews 11:6**

# Matthew 6:25-34

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Basic Physical  
Needs

Material Luxuries

Physical  
Apperances

**Matthew 6:25-34**

**Basic Physical**  
**Needs**

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**Idols of My**  
**Heart?**

**Matthew 6:25-34**

Basic Physical  
Needs

Material Luxuries

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**Idols of My  
Heart?**

**CONTROL**

A diagram with a dark blue background. On the left, there are four white text elements stacked vertically: 'Matthew 6:25-34', 'Basic Physical Needs', 'Material Luxuries', and 'Physical Apperances'. On the right, there is a cyan text element 'Idols of My Heart?' and a red text element 'CONTROL' below it. Two white arrows originate from the left side: one from the top right of the 'Basic Physical Needs' text pointing towards the 'CONTROL' text, and another from the bottom right of the 'Physical Apperances' text pointing towards the 'CONTROL' text.

**Matthew 6:25-34**

Basic Physical  
Needs

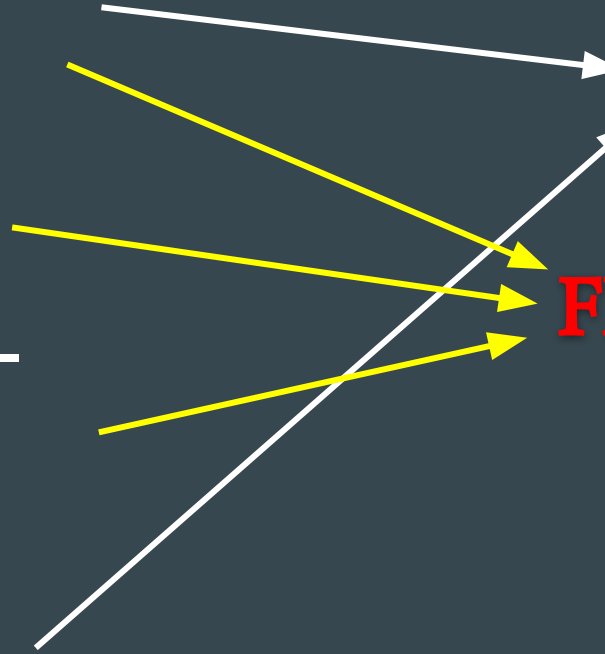
Material Luxuries

Physical  
Apperances

**Idols of My  
Heart?**

**CONTROL**

**FEAR OF MAN**



# Matthew 6:25-34

Basic Physical  
Needs

Material Luxuries

Physical  
Apperances

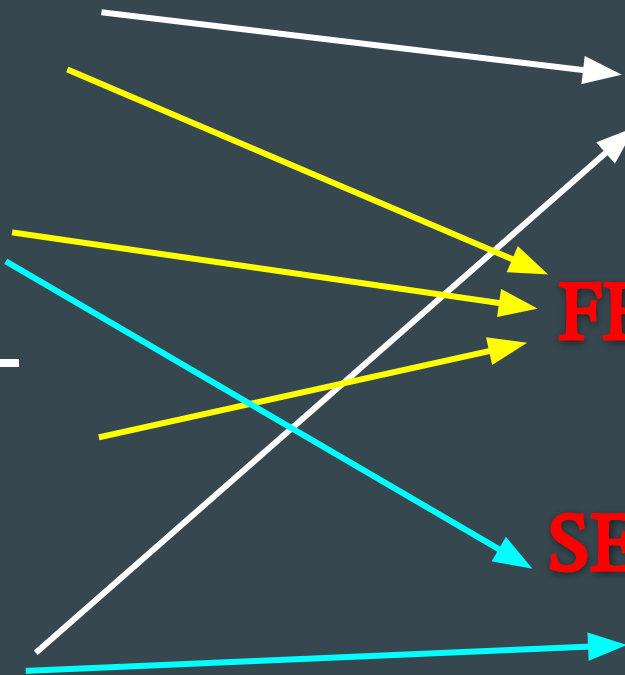
Idols of My  
Heart?

**CONTROL**

**FEAR OF MAN**

**SELFISHNESS /**

**PRIDE**



The things you worry about the most are probably areas where you have some hidden idols in your heart.



# “Do not be anxious” .. Instead:

- Remember who's in control - v. 26, 28-29

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- Do what is required of you Today - v. 27,  
34

# “Do not be anxious” .. Instead:

- Remember who's in control - v. 26, 28-29
- Do what is required of you Today - v. 27, 34
- Examine where your heart is - v. 19-21, 33

# Philippians 4:6-8

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## Contrast:

- Do not be anxious about **ANYTHING**
- Pray for **EVERYTHING**

# Philippians 4:6-8

## Fight Your Anxiety With :

- Prayer (v.6-7)

# Philippians 4:6-8

## Fight Your Anxiety With:

- Prayer (v.6-7)

Paul is not minimizing our anxiety,  
He's maximizing the power of prayer!

# Philippians 4:6-8

## Fight Your Anxiety With:

- Prayer (v.6-7)

*With Thanksgiving*



# Philippians 4:6-8

## Fight Your Anxiety With:

- Prayer (v.6-7)

**The Result: The PEACE of God!**  
**(v.7)**

# Philippians 4:6-8

## Fight Your Anxiety With:

- Prayer (v.6-7)

**The Result: The PEACE of God!**

“(v.7) Guard” - To protect by a military guard, either to prevent hostile invasion, or to keep the inhabitants of a besieged city from flight.

# Philippians 4:6-8

## Fight Your Anxiety With:

- Prayer (v.6-7)
- Right Thinking (v.8)

Mind  
Right Thinking



Heart  
Right Feelings



Body  
Right Living

# Philippians 4:6-8

## Fight Your Anxiety With:

- Prayer (v.6-7)
- Right Thinking (v.8)

What IS vs. What  
IF

Romans 8:5 - Those who live according to the flesh **set their minds** on the things of the flesh, but those who live according to the Spirit **set their minds** on the things of the Spirit

Romans 12:2 - Be transformed by the renewal of **your mind**

2 Corinthians 10:5 - Take **every thought** captive to obey Christ

Ephesians 4:23 - Be renewed in the spirit of **your minds**

Colossians 3:2 - **Set your minds** on things that are above, not on things that are on the earth

Isaiah 26:3 - You keep him in perfect peace, whose **mind** is stayed on you, because he trusts in You

# Philippians 4:6-8

## Fight Your Anxiety With:

- Prayer (v.6-7)
- Right Thinking (v.8)

*The most costly form of laziness  
is the laziness of your mind*

## 2 Corinthians 11:24-28

- Countless beatings
- Often near death
- 5x - 39 lashes
- 3x - beaten with rods
- Stoned, left for dead
- 3x - shipwrecked
- Lost at sea
- Frequent journeys  
(unknowns)
- In danger from:
  - Rivers, robbers, Jews, Gentiles, cities, wilderness, the sea, false teachers
- Many sleepless nights
- Hunger (without food)
- Cold / Exposure
- Daily pressure from his own anxiety for the churches



# Hebrews 4:15

We do not have a high priest who is unable to sympathize with our weaknesses, but one who in every way has been tempted just as we are, yet He is without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy & find grace to help in time of need.

# Anxiety

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