

Anxiety

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From a Biblical Perspective

I am not anxious.
I am just extremely well
educated about all
the things that
can go
catastrophically
wrong.



somee cards
user card

When I do something really awkward in public:



Them: "I heard LAVENDER relieves stress & calms anxiety"

Me:



Anxiety

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From a Biblical Perspective

Anxiety

- Basic Definition: When I look ahead, what I see coming feels overwhelming to me
- Anxiety is REAL and UNIVERSAL
- The original word used for “Anxious” = VERB
 - Not an IDENTITY, it’s an ACTION
 - Not who you ARE, it’s something you DO

3 Ways Satan Wants to Attack Us with Anxiety

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1. Isolation

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1. Isolation

Proverbs 18:1 - “Whoever isolates himself
seeks his own desire...”

How can we combat anxiety during times of Isolation ?

How can we combat anxiety during times of

Isolation?

- Spend time with people (if available)
- Engage your mind in something profitable
 - Bible / prayer / journaling
 - Hobby
 - Exercise (or fresh air)
 - Books, Podcasts
- Speak truth back to your feelings, don't just listen to them.

3 Ways Satan Wants to Attack Us with Anxiety

1. Isolation

2. Input

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

Mind
Right Thinking



Heart
Right Feelings



Body
Right Living

Regular “inputs” that could feed anxiety:

- Social Media
- Music (pay attention to the lyrics)
- Friends / people you surround yourself with
- Movies / TV
- Podcasts
- News

How can we combat anxiety in regards to

Input?

How can we combat anxiety in regards to

Matthew 18:8-9 - **Input?** “If your hand or your foot causes you to sin, cut it off and throw it away ... if your eye causes you to sin, tear it out and throw it away ...”

How can we combat anxiety in regards to

Input?
Matthew 18:8-9 - “If your hand or your foot causes you to sin, cut it off and throw it away ... if your eye causes you to sin, tear it out and throw it away ...”

Evaluate:

- Lifestyle Habits? (caffeine, lack of sleep or exercise, etc)
- Group of Friends?
- Social Media Consumption?
- Screen Time?
- Unconfessed / Known Sinful Habits?

3 Ways Satan Wants to Attack Us with Anxiety

1. Isolation
2. Input
3. Identity

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1. Isolation

2. Input

3. Identity

“Who am I ???”

How can we combat anxiety in regards to Identity ?

How can we combat anxiety in regards to

Identity?

Biblical truth about “Who Am I”:

- 1 of 2 Identities (John 3:18) :
 - Under the wrath of God (*unbeliever / unsaved*)
 - In Christ (*believer / saved*)
- What we DO or HAVE DONE is not who we ARE

IN CHRIST - You Are:

- **Fully Known & Fully Loved** - *John 3:16, Rom. 5:8*
- **Chosen** - *Eph. 1:4*
- **Adopted; Child of God** - *John 1:12, Rom. 8:15*
- **Forgiven** - *Psalms 103, Eph. 1:7*
- **Redeemed** - *Eph. 1:7, 1 Peter 1:18-19*
- **Reconciled; Friend of God** - *2 Cor. 5:18, Rom. 5:1*
- **Never Condemned** - *Rom. 8:1*
- **Eternally Secure** - *Eph. 1:13-14*
- **Heirs with Christ** - *Rom. 8:17*

IN CHRIST - You Are:

- **The truth of my identity**
- Chosen - Eph. 1:4
- **determines my actions, not**
- **my feelings or emotions in**
- **the moment.**
- Adopted Child of God - John 1:12, Rom. 8:15
- Forgiven - Psalm 103, Eph. 1:7
- Redeemed - Eph. 1:7, 1 Peter 1:18-19
- Reconciled, Friend of God - 2 Cor. 5:18, Rom. 5:1
- Never Condemned - Rom. 8:1
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Psalm 13:

- How do we know the author is anxious / worried / d / afraid?
- List the ways the author “fights back” or counters these feelings of anxiety
- List any resolutions / solutions / outcomes the author obtains
- How can this Psalm help us in our own times of anxiety / worry / fear?

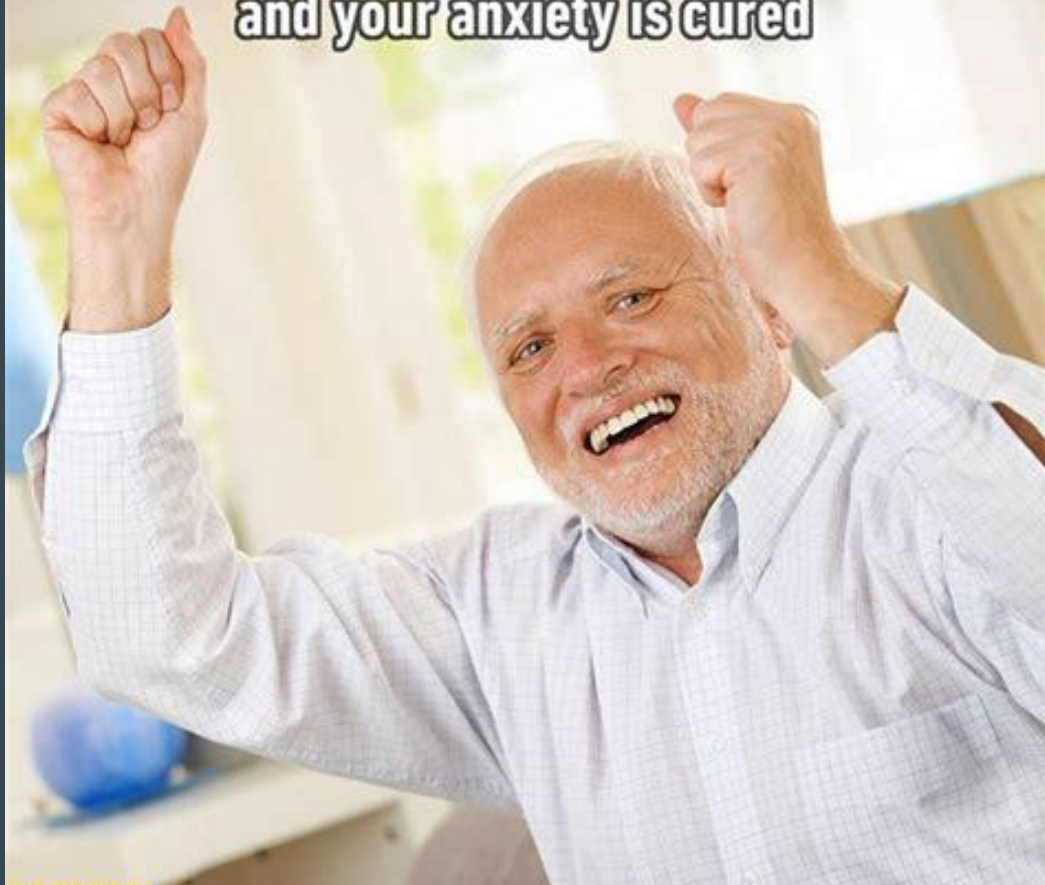
Psalm 77:

- How do we know the author is anxious / worried / d / afraid?
- List the ways the author “fights back” or counters these feelings of anxiety
- List any resolutions / solutions / outcomes the author obtains
- How can this Psalm help us in our own times of anxiety / worry / fear?

Psalm 56:

- How do we know the author is anxious / worried / d / afraid?
- List the ways the author “fights back” or counters these feelings of anxiety
- List any resolutions / solutions / outcomes the author obtains
- How can this Psalm help us in our own times of anxiety / worry / fear?

**When someone says “don’t be anxious”
and your anxiety is cured**



True freedom:

- Is not the absence of things
(anxiety, worry, fear, pain)
- Is the presence of someone in the midst of
it
(Jesus)

Isaiah 43:2-3

When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the LORD your God, the Holy One of Israel, your Savior.