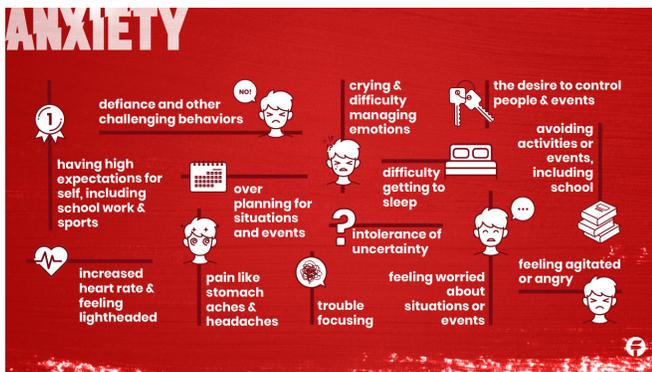


Why am I so Anxious?

Goals:

- 1. Show that anxiety is pervasive and prominent**
Action Item: You are not alone
- 2. Show the difference between concern and anxiety as an “over-concern”**
Action Item: Language and self awareness is really important
- 3. Practically: worry/anxiety is a dead end**
Action item: Anxiety needs to be addressed because it is profitless
- 4. Spiritually: The real issue of our anxiety is FEAR, and the real solution is in the gospel**
Action Item: Tease out the idea of FEAR and set stage for week 2 teaching

Anxiety can come in a variety of forms:



Anxiety defined:

To worry or focus (dwell) on mostly anticipated difficulties, troubles, or potential problems. The Greek word is a combination of two ideas that gives us literally “a divided mind or a distracted mind.”

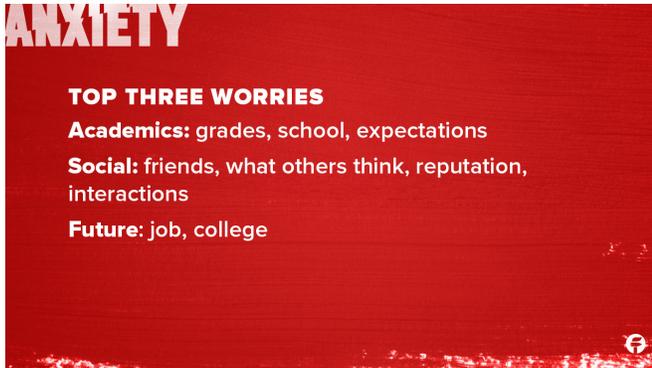
How much of an issue is anxiety with our teens?



Why are we Anxious?

1. We live in a fallen and dangerous world where there is much to be concerned about (threats)
2. There are lots of good opportunities (school, family, job, sports, adventure) that represent opportunities for failure or unmet expectations

Top Three Worries:



- Top worries are performance related.
- Anxiety is an emotion—all emotions get triggered



3. Understanding how anxiety works

Anxiety is a God given emotion—something given to you to respond to impending danger. The challenge is discerning “real alarms” from “false alarms”. So when does anxiety move from being a natural response to a problem to be addressed?



(not necessarily meant to be a diagnostic but helpful for providing language)

Indifference: “I don’t care” or “it doesn’t matter”—a passive approach to a particular issue or life in general

Concern: Things that God has given you gifts and abilities and passions to address

- Concern takes wise action (plan and prepare), prayer, and then you push forward. *Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. (Phillipians 4:6)*

How do you know when you are moving in the wrong direction?

Worry/Anxiety: Plan, prepare, and pray but it is not satisfying—you can’t move on. Your worries are starting to take command of your life. The anxiety that was designed to help us respond to an immediate danger now has you stuck/fixated on something anticipated that you can do nothing about.

Intense Forms of Anxiety: Affects day to day living. Often includes intense physical symptoms and affects relationships. Examples include: phobias, panic, OCD, PTSD, Generalized Anxiety Disorder.

Three Reasons Why Anxiety Doesn’t Work?

1. Anxiety is Powerless to Change Tomorrow

- “Worry does not empty tomorrow of its sorrow. It empties today of its strength.” – Corrie Ten Boom
- “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” (Matthew 6:34)

2. There is no Profit from being a Prophet (no gain in trying to predict future)

- “Who of you by worrying can add a single hour?” Matthew 6:27

3. Behind Every Good Worry is a Strong Fear

- Fear is the root system under all the worries / anxious thoughts
- The greatest threat or danger we feel is not being in control (one reason why social media is so powerful because it is “image management”)
- Your relationship with God is the most powerful antidote to fear

Conclusion

Jesus came to bring peace—hard work and God’s grace will help turn anxiety into peace.

“Don’t let your hearts be troubled. Trust in God, and trust also in me.

“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid. (John 14:1, 27)

Questions for small groups:

1. **What are your biggest sources of anxiety? What are a couple of your triggers?**
2. **How can you tell the difference between concern and “over-concern”?**
3. **What is one thing you can do better to plan, pray, and push forward through your worries?**
4. **How do you see your fear and your worries connected?**