STEWARDING

Fear & Anxiety

Trusting God’s providence, renewing the mind, and practicing faithful obedience.

Part 2

Psalm 56:1–4 • Matthew 6:25–34 • Philippians 4:4–9 • 1 Peter 5:6–7

8

Practice Letting Go of Fear and Anxiety

Do not stuff emotions or stoke them

- Talk honestly to yourself
- Talk honestly about your emotions to God
- Talk honestly and wisely to others

Bear one another’s burdens, and so fulfill the law of Christ.

Galations 6:2

“Engaging Relationships”

9

“Each emotion has a purpose, place, and a time”

The problem is that often our emotions bully their way to the fore or one emotion takes over and swells in conflict rather than connecting

Learning to talk through emotions can enrich your relationships

Groves and Smith. *Untangling Emotions*, 112.

“Engaging Relationships”

9

Stage one

“This is What it was Like for Me. What was it Like for You?”
Vulnerability and Empathy

> “Vulnerability extends an olive branch of charity instead of leading with accusations.”
>
> Groves and Smith. *Untangling Emotions*, 113.

“Engaging Relationships”

9

Stage two

“So This Is What It Was Like For You [summary]? Am I Hearing You Right?”
Charity, Humility, and Patience

> “I care more about what is going on with you than winning a fight.”
>
> Groves and Smith. *Untangling Emotions*, 117.

“Engaging Relationships”

9

Stage three

“How Can We Do This Differently? (And possibly) This Must Change.”
Vulnerability - Courage

> “It takes courage to do the work of change rather than emotionally withdrawing.”
>
> Groves and Smith. *Untangling Emotions*, 118.

9

“Engaging Relationships”

Learn to connect by talking through your emotions

- Learning to talk about your emotions helps you connect relationally
- “Leading with Vulnerability” and demonstrating “Charity, Humility, and Patience” means that you are following Christ!

> “We engage in relationships best when we follow the incarnational love of Jesus.”
>
> Groves and Smith. *Untangling Emotions*, 122.

9

“Engaging Relationships”

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> Groves and Smith. *Untangling Emotions*, 122.

“When I am afraid,
I put my trust in you.”

Psalm 56:3

STEWARDING FEAR & ANXIETY