

Common Ground: Anxiety



AUGUST 4TH AT 6:30PM

"I have been deprived of peace; I have forgotten what prosperity is. So I say, "My splendor is gone and all that I had hoped from the Lord." I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail.

They are new every morning; great is your faithfulness.
I say to myself, "The Lord is my portion; therefore I will
wait for him." The Lord is good to those whose hope is
in him, to the one who seeks him; it is good to wait
quietly for the salvation of the Lord."

Lamentations 3:17-26

“No temptation has come upon you except what is common to humanity. But God is faithful; he will not allow you to be tempted beyond what you are able, but with the temptation he will also provide the way out so that you may be able to bear it.”

1 Corinthians 10:13

Anxiety is a state of inner distress marked by persistent fear, worry, or unease—often about uncertain future events, but in some cases, it lacks a source.

Panic reflects a *moment of total overwhelm*, when the body and mind believe they are under active threat. Panic is a surge of intense fear or discomfort, often leading to a panic attack, where the body's alarm system is fully activated—even in the absence of real danger.

"How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?"

Psalm 13:1-2

“Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart and free me from my anguish.”

Psalm 25:16-17

*"My heart is in anguish within me; the terrors of death
have fallen on me. Fear and trembling have beset me;
horror has overwhelmed me."*

Psalms 55:4-5

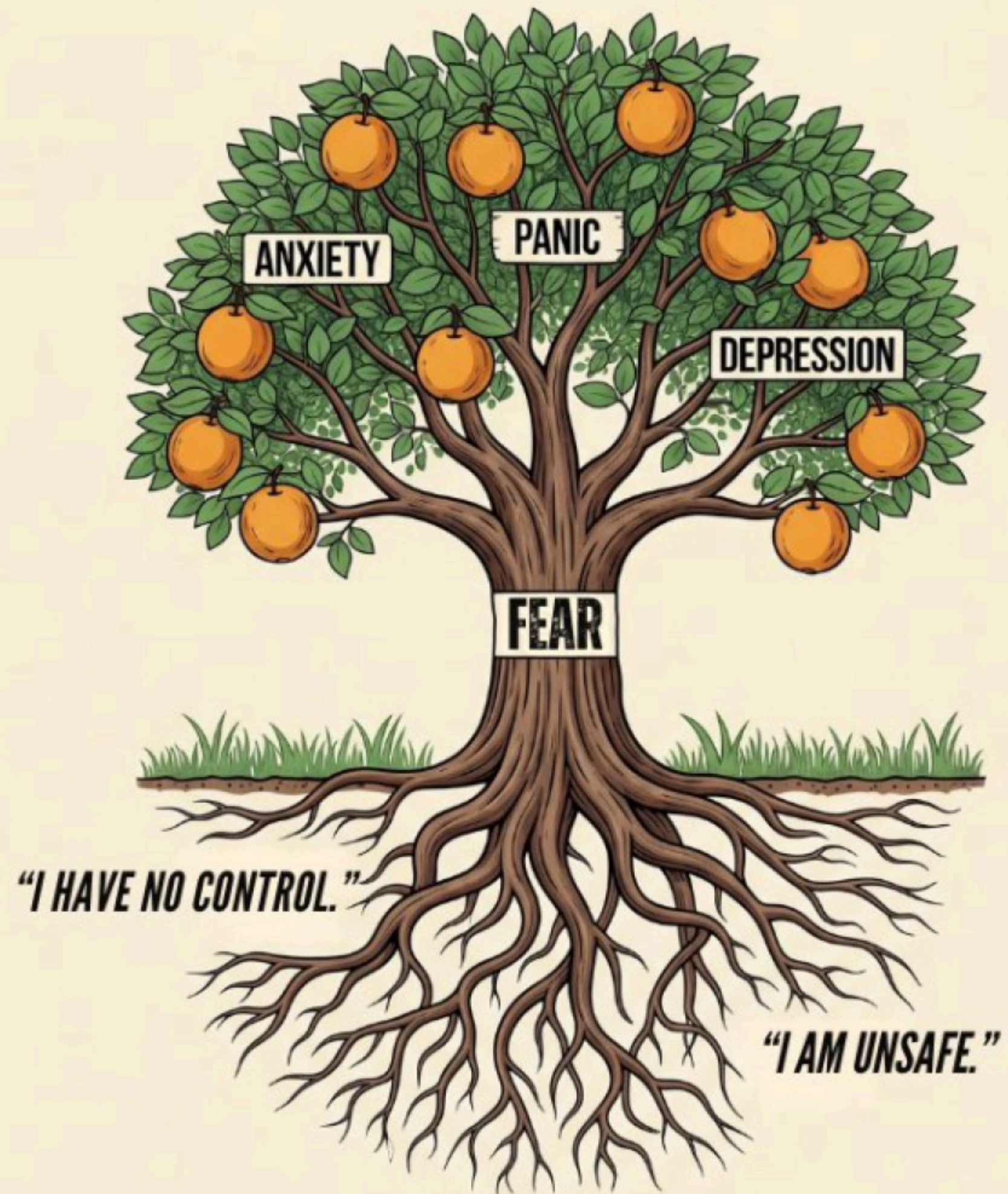
"Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will help you; I will hold on to you with my righteous right hand."

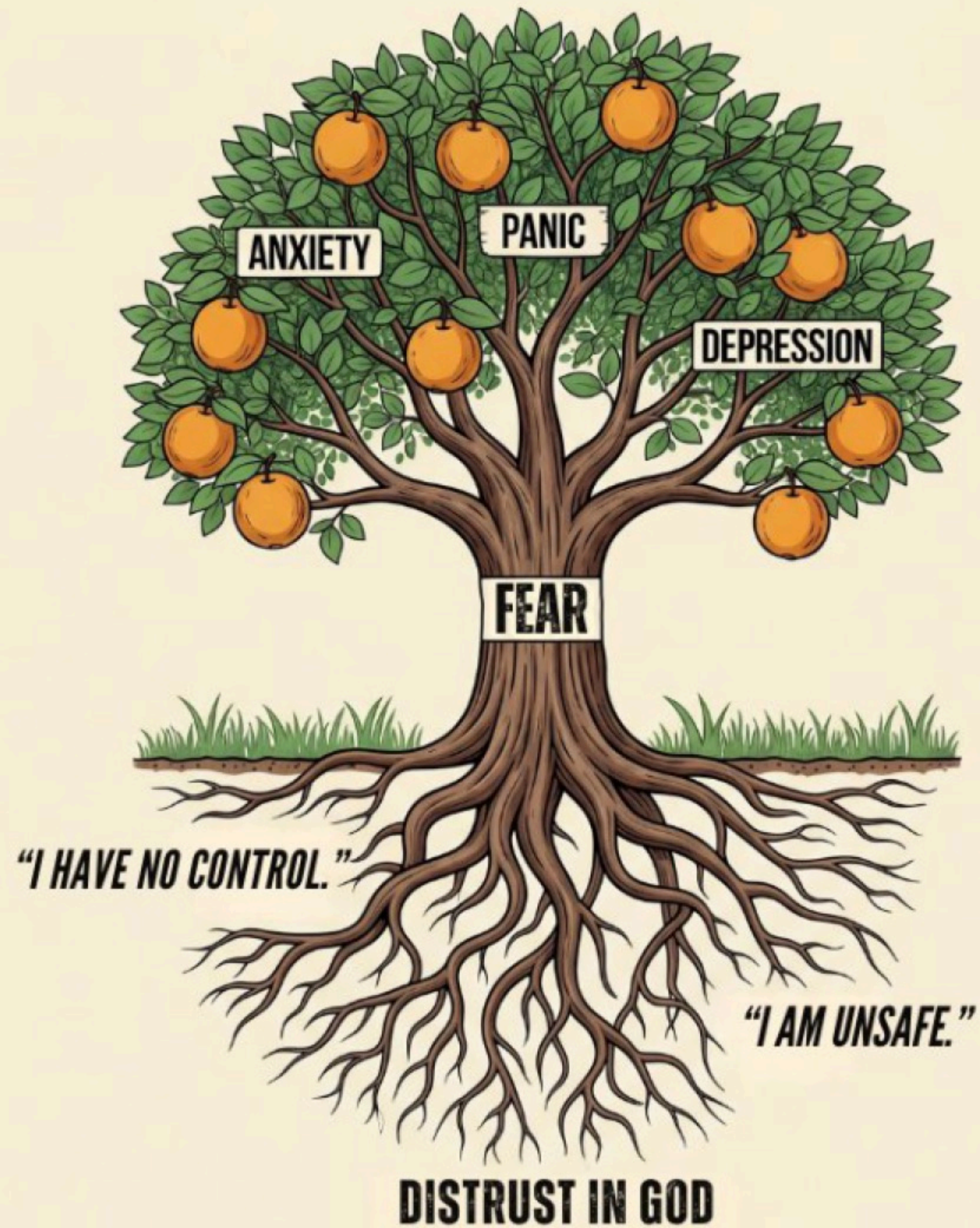
Isaiah 41:10

Anxiety and panic are *symptomatic*.

“Window of Tolerance”:

the body and brain’s zone of calm where you can think clearly, feel your emotions without being overwhelmed, and respond to stress in healthy ways.





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

Psalm 56:3

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

Romans 12:1-2

Offering our bodies → Renewal of the Mind

(Romans 12:1-2)

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? - 1 Corinthians 6:19

"We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body." - 2 Corinthians 4:10-11

"I discipline my body and keep it under control."

1 Corinthians 9:27