

What Do I Do with Anxiety?

A quick guide for prayer, practice, and community

Key Truths

- Anxiety isn't a character flaw—it's an alarm.
- Peace isn't the absence of trouble; it's the presence of Christ.
- Prayer + wise help (including professionals) can walk together.

What Am I Feeling?

Fear → has an object (dog, bill, diagnosis).

Stress → the load I'm carrying (change, deadlines, caregiving).

Anxiety → future-oriented, often vague; my body's alarm keeps ringing even when I can't name the danger.

Scripture Anchors

- Philippians 4:6–9 — Prayer → Perspective → Practice → Peace.
- Matthew 6:25–34 — Your Father knows; seek first the Kingdom; grace for today.
- 1 Peter 5:6–7 — Humble yourself; cast your cares because He cares.
- Psalm 23 — The Shepherd is with you.
- 1 Kings 19 — Rest, nourishment, gentle presence, renewed purpose.

Four Steps When Anxiety Rises

1) Breathe & Pray

Inhale: "Lord Jesus Christ." Exhale: "Guard my heart and mind."

Repeat slowly for 60–120 seconds. (Philippians 4:7)

2) Ground Yourself in the Present

Name 5 things you see, 4 feel, 3 hear, 2 smell, 1 taste.

Then pray Psalm 23 slowly. Grounding isn't pretending—it's noticing God's presence here.

3) Write & Release (Anxiety Inventory)

Draw three columns: My Worry, What I Can Do, What I'm Giving to God.

Pray aloud: "Lord, I cast these cares on You, because You care for me."

4) Stay Connected to Community

Anxiety isolates; community heals. Text or call one trusted person and ask for prayer.

Galatians 6:2 — Bear one another's burdens, and so fulfill the law of Christ.

A Short Prayer Path

Lament: "Lord, here's the truth... I'm anxious."

Petition: "Give me wisdom for what I can do, and peace for what I can't."

Surrender: "I place outcomes and timing in Your hands."

Blessing: "Let Your peace guard my heart and mind in Christ Jesus."

Quick Checks (this week)

- I practiced the Breath Prayer once a day.
- I completed one Anxiety Inventory and took one small action.
- I reached out to one person for prayer.
- I read Psalm 23 or Philippians 4:6–9 aloud.