

Overcoming Anxiety



What is Anxiety?



Anxiety is an inner **feeling** of **apprehension**, **uneasiness**, **worry** or **dread** that is accompanied by a **heightened physical arousal**. (Gary Collins)

Underlying Root Cause



- Unknown
- Suffering
- Death
- Change
- Being shamed
- Conflict
- Unmet needs
- Abandonment
- Rejection

There is Healthy & Harmful Anxiety

Healthy

Moderate Anxiety

- Comes to all when there is some threat or situational danger
- Can be motivating
- Helps us avoid danger

Harmful

Neurotic Anxiety

- Intense feelings of dread even when danger is mild
- Can hinder performance
- Can cause unwanted physical symptoms

Another Cause: Brain Chemistry

Too Few

GABA

Neurotransmitters

(Natural Tranquilizer that calms over-excited or over-zealous nerves)



Too Many

CORTISOL

Neurotransmitters

(Activated by stress – gives us energy but too much blocks GABA causing severe anxiety)

The Biblical Approach



Matthew is called. St. MATTHEW, 9.

1 **And** Jesus said within themselves, This man blasphemeth.
 2 **And** Jesus knowing their thoughts said, Wherefore think ye evil in your hearts?
 3 **For** whether is easier, to say, Thy sins be forgiven thee; or to say, Arise, and walk?
 4 **But** that ye may know that the Son of man hath power on earth to forgive sins, (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house.
 5 **And** he arose, and departed to his house.
 6 **But** when the multitudes saw it, they marvelled, and glorified God, which had given such power unto men.
 7 **And** as Jesus passed forth from thence, he saw a man, named Matthew, sitting at the receipt of custom: and he saith unto him, Follow me. And he arose, and followed him.
 8 **And** it came to pass, as Jesus sat at meat in the house, behold, many publicans and sinners came and sat down with him and his disciples.
 9 **And** when the Pharisees saw it, they said unto his disciples, Why eateth your Master with publicans and sinners?
 10 **But** when Jesus heard that, he said unto them, They that be whole need not a physician, but they that are sick.
 11 **But** go ye and learn what that meaneth, I will have mercy, and not sacrifice: for I am not come to call the righteous, but sinners to repentance.
 12 **Then** came to him the disciples of John, saying, IWhy do we and the Pharisees fast oft, but thy disciples fast not?
 13 **And** Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast.
 14 **No** man putteth a piece of new cloth into an old garment, for that which is put in to fill it up taketh from the garment, and the rent is made worse.
 15 **Neither** do men put new wine into old bottles: else the bottles break, and the wine runneth out, and the bottles perish: but they put new wine into new bottles, and both are preserved.
 16 **While** he spake these things unto them, behold, there came a certain ruler, and worshipped him, saying, My daughter is even now dead: but come and lay thy hand upon her, and she shall live.
 17 **And** Jesus arose, and followed him, and so did his disciples.

18 **And**, behold, a woman, which was diseased with an issue of blood twelve years, came behind him, and touched the hem of his garment:
 19 **For** she said within herself, I may but touch his garment, I shall be whole.
 20 **But** Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee whole. And the woman was made whole from that hour.
 21 **When** Jesus came into the ruler's house, and saw the minstrels and the people making a noise,
 22 **He** said unto them, Give place: for the maid is not dead, but sleepeth. And they laughed him to scorn.
 23 **But** when the people were put forth, he went in, and took her by the hand, and the maid arose.
 24 **The** fame hereof went abroad into all that land.
 25 **And** when Jesus departed thence, two blind men followed him, crying, and saying, Thou son of David, have mercy on us.
 26 **And** when he was come in unto the house, the blind men came to him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord.
 27 **Then** touched he their eyes, saying, According to your faith be it unto you.
 28 **And** their eyes were opened: and Jesus straightly charged them, saying, See that no man know it.
 29 **But** they, when they were departed, spread abroad his fame in all that country.
 30 **As** they went out, behold, they brought to him a dumb man possessed with a devil.
 31 **And** when the devil was cast out, the dumb spake: and the multitudes marvelled, saying, It was never so seen in Israel.
 32 **But** the Pharisees said, He casteth out devils through the prince of the devils.
 33 **And** Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people.
 34 **But** when he saw the compassion on them, because they were faint, and were scattered abroad, as sheep having no shepherd,
 35 **Then** saith he unto his disciples, The harvest truly is plenteous, but the labourers are few:
 36 **Pray** ye therefore the Lord of the harvest, that he will send forth labourers into his harvest.

St. MATTHEW, 10. his twelve apostles.

CHAPTER 10.
 1 **Christ** sendeth out his twelve apostles, enabling them with power to do miracles, & to preach the gospel, & to cast out devils, & to receive them.
 2 **And** when he had called unto him his twelve disciples, he gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease.
 3 **Now** the names of the twelve apostles are these; The first, Simon, who is called Peter, and Andrew his brother; James the son of Zebedee, and John his brother;
 4 **Philip**, and Bartholomew; Thomas, and Matthew the publican; James the son of Alphaeus, and Lebbaeus, whose surname was Thaddeus;
 5 **Simon** the Canaanite, and Judas Iscariot, who also betrayed him.
 6 **These** twelve Jesus sent forth, and commanded them, saying, Go not into the way of the Gentiles, and into any city of the Samaritans enter ye not:
 7 **But** go rather to the lost sheep of the house of Israel.
 8 **And** as ye go, preach, saying, The kingdom of heaven is at hand.
 9 **Heal** the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.
 10 **Provide** neither gold, nor silver, nor brass in your purses, nor scrip for your journey: neither two coats, neither shoes, nor yet staves: for the worthy of his meat.
 11 **And** into whatsoever town ye shall enter, enquire who is worthy: and there ye go thence.
 12 **And** when ye come into a town, salute it.
 13 **And** if the house be worthy, let your peace come upon it: if it be not worthy, let your peace return to you.
 14 **And** whosoever shall receive you, or hear you, when ye depart out of a city, or a town, or a village, or a country, say thou shalt say, Peace be to thee.
 15 **Verily** I say unto you, Whosoever shall receive you, or hear you, when ye depart out of a city, or a town, or a village, or a country, he shall receive you, or hear you, when ye depart out of a city, or a town, or a village, or a country.
 16 **Behold**, I send you forth as sheep in the midst of wolves: therefore wise as serpents, and harmless as doves.
 17 **But** beware of men: for they will deliver you up to the synagogues, and they will scourge you, and they will deliver you up to the cross, and they will deliver you up to death.
 18 **And** ye shall be hated of all men for my name's sake: but he that endureth to the end shall be saved.
 19 **For** it is not ye that speak, but the Spirit of your Father which speaketh in you.
 20 **And** the brother shall deliver up the brother to death, and the father the child: and the children shall rise up against their parents, and cause them to be put to death.
 21 **And** ye shall be hated of all men for my name's sake: but he that endureth to the end shall be saved.
 22 **But** when they persecute you in this city, flee ye into another: for verily I say unto you, Ye shall not have gone over the cities of Israel, till the Son of man be come.
 23 **The** disciple is not above his master, nor the servant above his lord.
 24 **It** is enough for the disciple that he be as his master, and the servant as his lord. If ye have called the master of the house Beelzebub, how much more shall they call them of his household?
 25 **Fear** them not therefore: for there is nothing covered, that shall not be revealed; and hid, that shall not be known.
 26 **What** I tell you in darkness, that speak ye in light: and what ye hear in the ear, that preach ye upon the

“Do not be anxious or worried.”
 &
 “Hand over your anxieties to God.”

Matt 6:25-27

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Anno DOMINI 31. said within themselves, This man blasphemeth.

4 And Jesus knowing their thoughts said, Wherefore think ye evil in your hearts?

5 For whether is easier, to say, Thy sins be forgiven thee; or to say, Arise, and walk?

6 But that ye may know that the Son of man hath power on earth to forgive sins, (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house.

7 And he arose, and departed to his house.

8 But when the multitudes saw it, they marvelled, and glorified God, which had given such power unto men.

9 ¶ And as Jesus passed forth from thence, he saw a man, named Matthew, sitting at the receipt of custom: and he saith unto him, Follow me. And he arose, and followed him.

10 ¶ And it came to pass, as Jesus sat at meat in the house, behold, many publicans and sinners came and sat down with him and his disciples.

11 And when the Pharisees saw it, they said unto his disciples, Why eateth your Master with publicans and sinners?

12 But when Jesus heard that, he said unto them, They that be whole need not a physician, but they that are sick.

13 But go ye and learn what that meaneth, (I will have mercy, and not sacrifice: for I am not come to call the righteous, but sinners to repentance.)

14 ¶ Then came to him the disciples of John, saying, (Why do we and the Pharisees fast oft, but thy disciples fast not?)

15 And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast.

16 No man putteth a piece of new cloth unto an old garment, for that which is put in to fill it up taketh from the garment, and the rent is made worse.

17 Neither do men put new wine into old bottles; else the bottles break, and the wine runneth out, and the bottles perish: but they put new wine into new bottles, and both are preserved.

18 ¶ While he spake these things unto them, behold, there came a certain ruler, and worshipped him, saying, My daughter is even now dead: but come and lay thy hand upon her, and she shall live.

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25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life?"

Phil 4:6

Matthew is called.

St. MATTHEW, 9.

Jairus' daughter raised.

Anno DOMINI 31.

2 Ps. 139, 23.
ch. 12, 25.
Mark 12, 15.
Luke 5, 22.
& 6, 8.
& 11, 17.

2 Mark 2, 14.
Luke 5, 27.

2 Mark 2, 15.
Luke 5, 29.

2 ch. 11, 19.
Luke 5, 30.
& 15, 2.
Gal. 2, 15.

2 Hos. 6, 6.
Mic. 6, 7, 8.
ch. 12, 7.
1 Tim. 1, 15.

2 Mark 2, 18.
Luke 5, 23.
& 14, 12.

2 Acts 13, 2, 3.
& 14, 23.
1 Cor. 7, 5.

2 Or, rose, or
unworn/put
aside.

2 Mark 5, 22.
Luke 8, 41.
&c.

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2 Or, that
ch. 15, 22.
& 20, 31.
Mark 10, 47.
48.
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Mark 10, 47.
48.
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& 20, 31.
Mark 10, 47.
48.

Anno DOMINI 31.

2 Mark 5, 25.
Luke 8, 43.

2 Luke 7, 50.
& 9, 45.
& 17, 19.
& 18, 42.

2 Mark 5, 28.
Luke 8, 41.
& See 2 Chr.
36, 25.

2 Acts 20, 10.

2 Or, that
ch. 15, 22.
& 20, 31.
Mark 10, 47.
48.

2 ch. 15, 22.
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Mark 10, 47.
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2 ch. 15, 22.
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Mark 10, 47.
48.

2 ch. 15, 22.
& 20, 31.
Mark 10, 47.
48.

2 ch. 15, 22.
& 20, 31.
Mark 10, 47.
48.

2 Luke 10, 2.
John 4, 35.
2 Thess. 3, 1.

St. MATTHEW, 10.

his twelve apostles.

Christ sendeth out

Anno DOMINI 31.

2 Mark 3, 13.
Luke 9, 10.

2 Luke 9, 10.
& 9, 45.
& 17, 19.
& 18, 42.

2 Mark 3, 28.
Luke 8, 41.
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2 ch. 15, 22.
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48.

2 Mark 13, 11.
Luke 12, 11.
& 21, 14, 15.

CHAPTER 10.

1 Christ sendeth out his twelve apostles,
enabling them with power to do miracles,
giving them their charge, teacheth them,
& comforteth them against persecutions:
40 and promisieth a blessing to those that
receive them.

AND when he had called unto
him his twelve disciples, he gave
them power against unclean spi-
rits, to cast them out, and to heal
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2 Now the names of the twelve
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who is called Peter, and Andrew his
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3 Phillip, and Bartholomew: Tho-
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4 Simon the Cananite, and Judas
Iscariot, who also betrayed him.

5 These twelve Jesus sent forth,
and commanded them, saying, Go
not into the way of the Gentiles,
and into any city of the Samaritans
enter ye not:

6 But go rather to the lost sheep
of the house of Israel.
7 And as ye go, preach, saying,
The kingdom of heaven is at hand.
8 Heal the sick, cleanse the lepers,
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ye have received, freely give.

9 Provide neither gold, nor sil-
ver, nor brass in your purses,
10 Nor scrip for your journey, nei-
ther two coats, neither shoes, nor
yet staves: for the workman is
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speak: for 'it shall be given you
in that same hour what ye shall
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the Spirit of your Father which
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up the brother to death, and the
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25 It is enough for the disciple that
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master of the house Beelzebub, how
much more shall they call them
of his household?

26 Fear them not therefore: for
that is nothing covered, that shall
not be revealed; and hid, that shall
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27 What I tell you in darkness, that
speak ye in light: and what ye hear
in the ear, that preach ye upon the
house-tops.

28 And fear not them which kill
the body, but are not able to kill
the soul: but rather fear him which
is able to destroy both soul and body
in hell.

29 Are not two sparrows sold for
the price of a penny?

30 And he that taketh not his
cross, and followeth after me, is not
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Anno DOMINI 31.

2 Ex. 4, 12.
Jer. 1, 7.
2 Sam. 22, 2.
Acts 4, 6.
& 9, 10.
2 Tim. 4, 17.
2 Cor. 13, 23.
Mic. 7, 6.
Luke 21, 16.
1 Cor. 13, 17.
Dan. 12, 12.
15.
ch. 24, 13.
Mark 13, 13.

2 ch. 2, 13.
& 4, 12.
& 14, 16.
Acts 8, 1.
& 9, 25.
& 14, 5.

2 Or, eat,
or, drink.

1 ch. 15, 25.
2 Luke 6, 40.
John 13, 16.
& 15, 10.

2 ch. 12, 23.
Mark 3, 22.
Luke 11, 15.
John 8, 49.
22.

2 Or,
Beelzebub.

2 Mark 4, 22.
Luke 8, 17.
& 12, 3, 3.

2 Is. 8, 12, 13.
Luke 12, 4.
1 Pet. 3, 14.

2 ch. 10, 23.
Mark 8, 34.
& 14, 27.

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God

1 Peter 5:7

Matthew is called.

St. MATTHEW, 9.

Jairus' daughter raised.

31. **30** ¶ And, behold, a woman, which was diseased with an issue of blood twelve years, came behind him, and touched the hem of his garment:

31. **31** ¶ For she said within herself, If I shall be whole.

32. **32** ¶ But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee whole. And the woman was made whole from that hour.

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42. **42** ¶ As they went out, behold, they brought to him a dumb man possessed with a devil.

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45. **45** ¶ And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness, and every disease among the people.

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47. **47** ¶ Then saith he, The harvest truly the labourers are few.

48. **48** ¶ Pray ye the Lord of the harvest, that he will send forth labourers into the harvest.

49. **49** ¶ And Jesus arose, and followed him, and so did his disciples.

50. **50** ¶ And Jesus said unto his disciples, I have chosen you to go and preach the gospel of the kingdom, and to be witnesses thereof: and behold, I have appointed you unto this, and unto that.

51. **51** ¶ And he said unto them, I have appointed you unto this, and unto that.

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Christ sendeth out

31. **31** ¶ And he called unto him his twelve apostles, and gave them power, and authority, that they should tread upon serpents, and scorpions, and overcome all the power of the enemy: and that they should not be hurt of any man.

32. **32** ¶ And he said unto them, Go ye into all the world, and preach the gospel to every creature.

33. **33** ¶ And he said unto them, Whosoever shall receive you, he shall receive me, and he that receiveth me, he receiveth him that sent me.

34. **34** ¶ And he said unto them, I send you forth as sheep in the midst of wolves: therefore shall ye be wise as serpents, and harmless as doves.

35. **35** ¶ But whosoever shall offend one of these little ones, which are of this world, it were better for him that a millstone were hanged about his neck, and he were cast into the sea.

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7 Cast all your anxiety on him because he cares for you.

Overcoming Anxiety is not always easy and can be a huge challenge.



A close-up photograph of several hands of different skin tones working together to assemble white puzzle pieces. The background is a warm, blurred orange-brown color. An orange rectangular box is overlaid on the right side of the image, containing white text.

It is important to take
an integrated approach
to overcoming anxiety

1

Spiritual

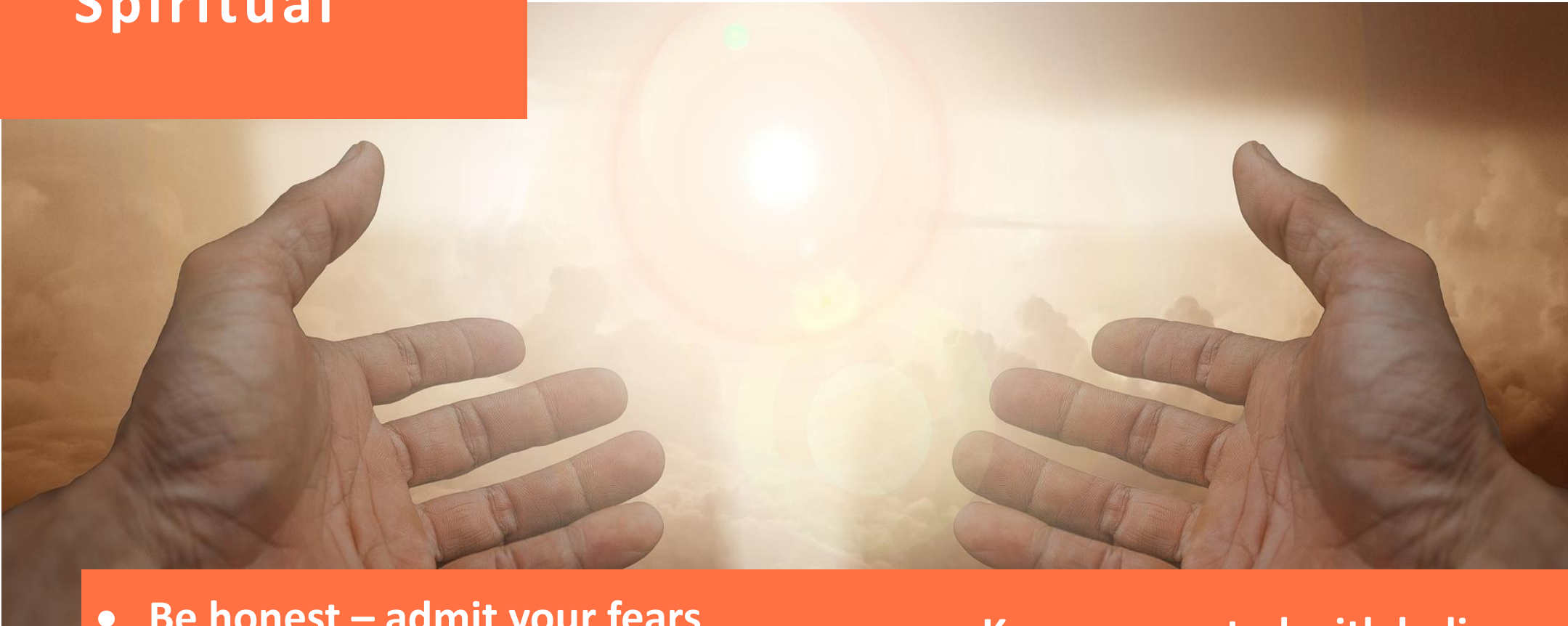
2

Psychological

3

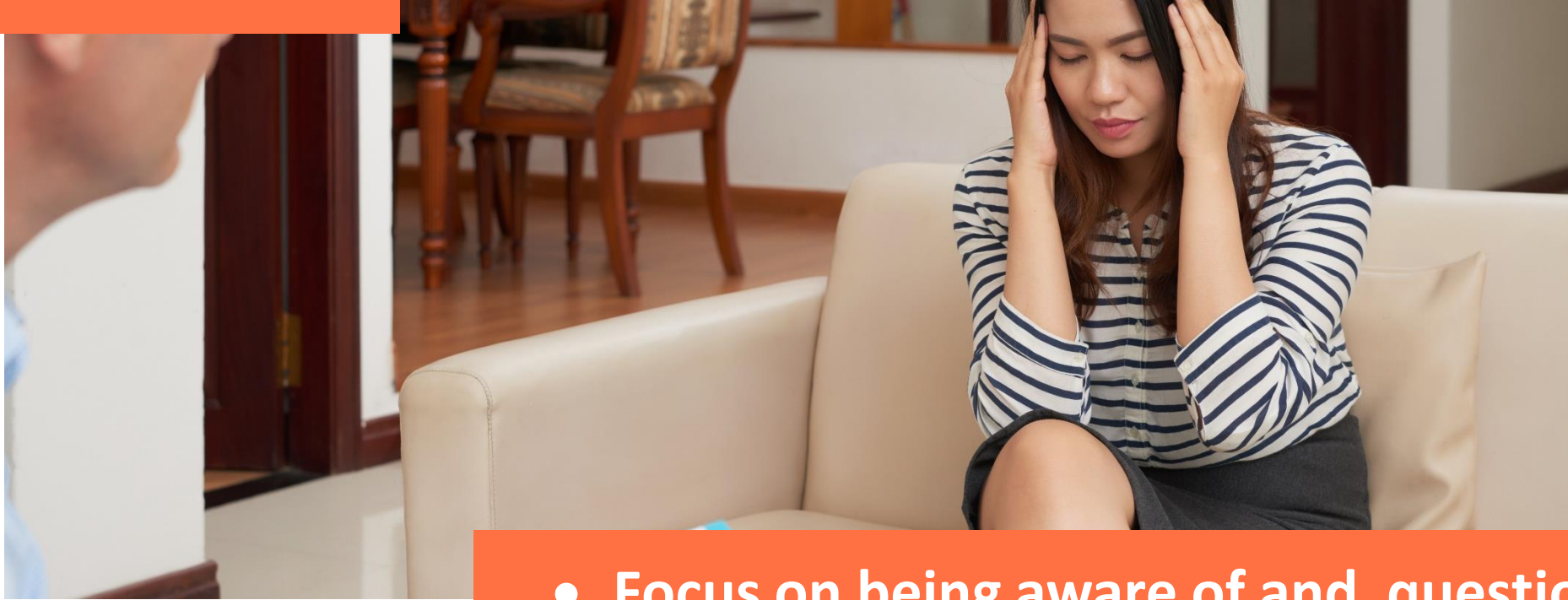
Physiological

Spiritual



- Be honest – admit your fears
- Pray regularly
- Meditate on and speak God's promises from Scripture
- Keep connected with believers
- Command the spirit of anxiety to leave in the name of Jesus

Psychological



- Focus on being aware of and questioning negative thoughts.
- Connect with a psychologist or qualified counsellor.

Physiological



- Eat well
- Exercise regularly
- Rest often
- See your doctor

Discussion Questions

1. What do you think is causing people to become anxious at this time?
2. What have you found helpful in dealing with your own or anxiety?
3. What are some ways we might be able to help others overcome their own anxieties?

