

A GOOD WORD ON ANXIETY - WORKSHOP

anxiety in a person's heart weighs them down, but a good word makes them glad

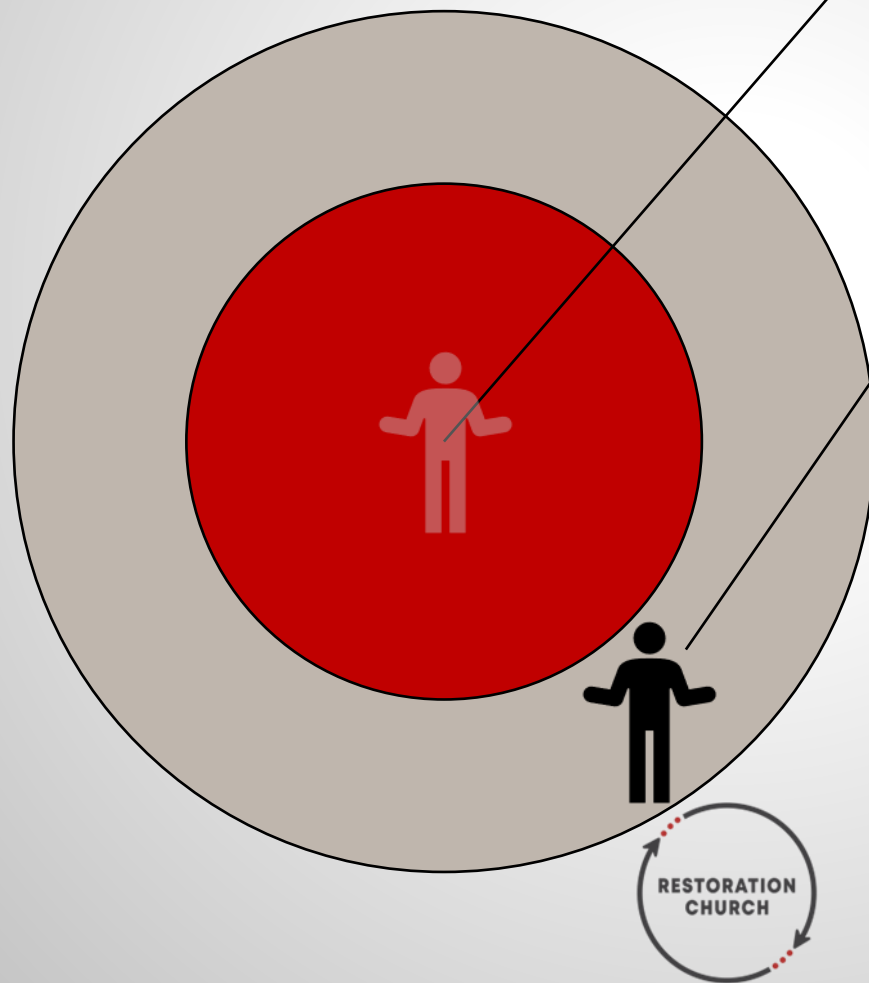
1. MEDITATION

**BUT I CALL TO GOD, AND THE LORD WILL SAVE ME. EVENING AND MORNING
AND AT NOON I UTTER MY COMPLAINT AND MOAN, AND HE HEARS MY VOICE.
HE REDEEMS MY SOUL IN SAFETY FROM THE BATTLE THAT I WAGE, FOR MANY
ARE ARRAYED AGAINST ME. PSALM 55:16-18**

1. THE NATURE OF HUMANITY

**HEART -
NON-
PHYSICAL**

**BODY -
PHYSICAL**



THE HEART

**AS IN WATER FACE REFLECTS FACE, SO THE HEART OF MAN REFLECTS THE MAN.
PROVERBS 27:19**

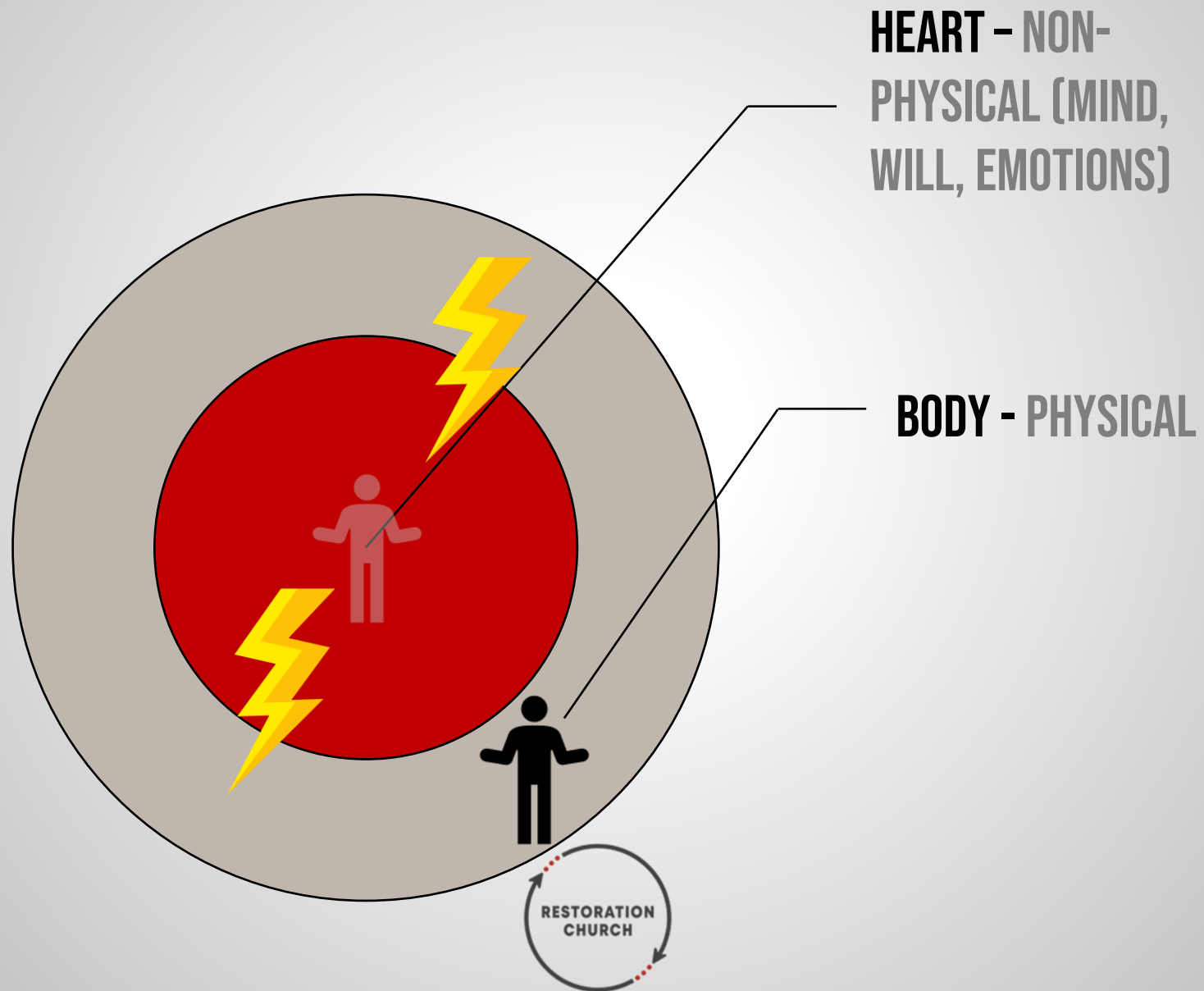


THE HEART

**SEARCH ME, O GOD, AND KNOW MY HEART! TRY ME AND KNOW MY THOUGHTS! PSALM
139:23**







ANXIETY IS A 'WHOLE PERSON' EXPERIENCE



BODY

REST

MEDICATION

BIOLOGICAL SOURCES

THE BODY KEEPS THE SCORE

SOMETIMES ... REMOVAL OF THREATS

WHEN THE BODY LEADS YOU INTO ANXIETY



MIND

ENGAGING WITH THE LIES ANXIETY TELLS YOU
FEAR IS A FALSE PROPHET
REASSESSING ACTUAL RISK
OTHER PEOPLE SPEAKING INTO THE ANXIETY BUBBLE
PUNCTUATING THE CONVERSATION IN YOUR HEAD
DANGER GIVES US TUNNEL VISION



EMOTIONS

WHAT ANXIETY FEELS LIKE FOR YOU
TRIGGER POINTS FOR KICKING A PLAN INTO GEAR
POURING OUT YOUR HEART TO GOD



WILL

CHOOSING TO BELIEVE SOMETHING ELSE
USING THE PHYSICAL TO INTERRUPT AND STOP
FINDING OPPORTUNITY TO NOT DO SOMETHING OUT OF TRUST IN GOD
DOING SOMETHING



Q&A

2. MEDITATION

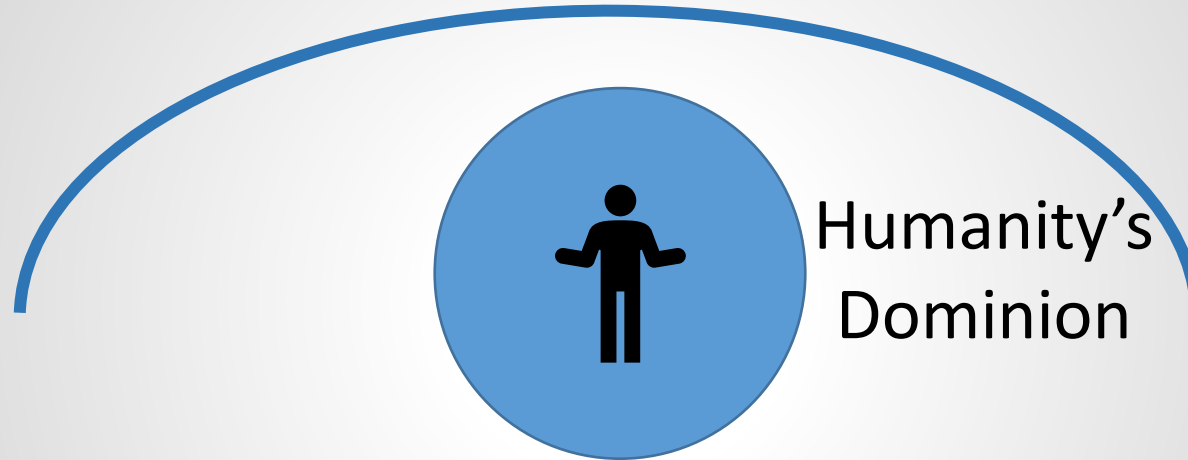
**FEAR NOT, FOR I AM WITH YOU; BE NOT DISMAYED, FOR I AM YOUR GOD; I WILL
STRENGTHEN YOU, I WILL HELP YOU, I WILL UPHOLD YOU WITH MY RIGHTEOUS
RIGHT HAND ... FOR I, THE LORD YOUR GOD, HOLD YOUR RIGHT HAND; IT IS I
WHO SAY TO YOU, “FEAR NOT, I AM THE ONE WHO HELPS YOU.” ISAIAH
41:10,13**

2. BEING AWARE OF YOUR INTERNAL PACE



GOD

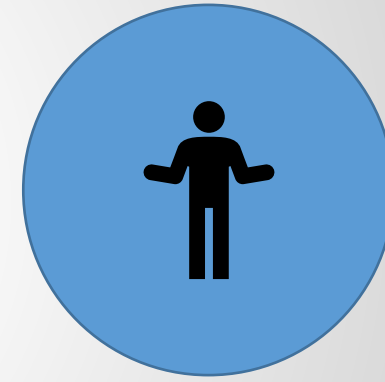
God's Dominion



Creation

GOD

God's Dominion



Humanity's
Dominion

anxiety



Creation



WHAT KINDS OF THINGS DO WE EMPLOY IN AN EFFORT TO CONTROL THREATS?



ANXIETY ISOLATES



RESTORATION
CHURCH

FEAR IS FAST, TRUST IS SLOW



Q&A

3. MEDITATION

**HE WHO DID NOT SPARE HIS OWN SON BUT GAVE HIM UP FOR US ALL, HOW
WILL HE NOT ALSO WITH HIM GRACIOUSLY GIVE US ALL THINGS? ROMANS 8:32**

3. REPENTANCE

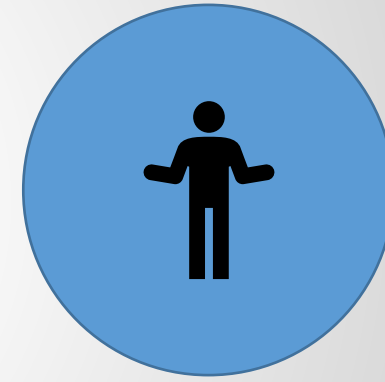


SINNERS *AND* SUFFERERS



GOD

God's Dominion



Humanity's
Dominion

anxiety



Creation

SINFUL MOVES IN ANXIETY

WE WANT WHAT WE WANT AND WE DESERT GOD IN AN EFFORT TO GET IT

**WE STAY IN AN ANXIOUS PLACE BECAUSE WE WANT THE THING WE ARE ANXIOUS ABOUT MORE
THAN GOD**

WE ARE UNFAITHFUL IN TRUSTING GOD CONSISTENTLY



Q&A

4. MEDITATION

**I WAITED PATIENTLY FOR THE LORD; HE INCLINED TO ME AND HEARD MY CRY.
HE DREW ME UP FROM THE PIT OF DESTRUCTION, OUT OF THE MIRY BOG, AND
SET MY FEET UPON A ROCK, MAKING MY STEPS SECURE. PSALM 40:1-2**

4. OPERATING PERSONALLY WITH GOD IN ANXIETY



PHILIPPIANS 4:6–9

DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERYTHING BY PRAYER AND SUPPLICATION WITH THANKSGIVING LET YOUR REQUESTS BE MADE KNOWN TO GOD. AND THE PEACE OF GOD, WHICH SURPASSES ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS ... WHAT YOU HAVE LEARNED AND RECEIVED AND HEARD AND SEEN IN ME—PRACTICE THESE THINGS, AND THE GOD OF PEACE WILL BE WITH YOU.



Q & A

HELPFUL RESOURCES

