

A GOOD WORD ON ANXIETY

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

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LIVE BLOG

Follow all the latest news as Queensland residents face flooding in the state's south-east

Queensland's wet weather warnings bring fresh anxiety and stress to victims of February floods

By Alex Brewster

Posted 19h ago, updated 18h ago



VICTIMS OF THE DEVASTATING FEBRUARY FLOODS IN SOUTH-EAST QUEENSLAND SAY THE LATEST SEVERE RAIN EVENT HAS TRIGGERED TRAUMA, AND COULD REVERSE THE LITTLE PROGRESS MADE IN CLEAN-UP EFFORTS ... SHE SAID THE LATEST HEAVY RAINFALL HAS HER ON EDGE AND UNABLE TO SLEEP, FEARFUL SHE'LL HAVE TO FLEE HER HOME AGAIN.



- 1. DEFINING FEAR AND ANXIETY**
- 2. THE EXPERIENCE OF ANXIETY**
- 3. HOW WE RESPOND TO ANXIETY**
- 4. ANXIETY AND ANTHROPOLOGY**
- 5. A CRITICAL MALFUNCTION**
- 6. REORIENTING THE ANXIOUS**



1. DEFINING FEAR AND ANXIETY

FEAR

**A BODILY EMOTIONAL RESPONSE TO DANGER OR
A THREAT**

ANXIETY

**ANXIETY IS A STATE OF MIND (HEART) AND
BODY GOVERNED OR CONTROLLED BY THE FEAR
OF A POSSIBLE NEGATIVE OUTCOME IN THE
FUTURE.**

FEAR AND ANXIETY MAKE SOME SENSE

2. THE EXPERIENCE OF ANXIETY

FAST BREATHING

RACING THOUGHTS

TIGHT CHEST

HEART BEATING FASTER

ILL EASE

HOT AND COLD CONFUSING FLUSHES

OBSESSING ABOUT THINGS

**SNOWBALLING WORRIES WHICH FEEL LIKE THEY
WILL BURY YOU**

UNRELENTING VOICE ASKING 'WHAT IF ... ?'

STRESS

NERVOUSNESS

WORRY

FEELING TENSE

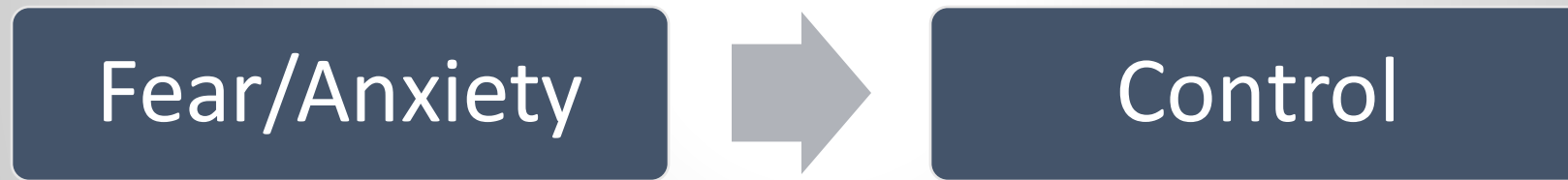
ANGER



ANXIETY - A CONTINUUM



3. HOW WE RESPOND TO ANXIETY



4. ANXIETY AND ANTHROPOLOGY

IN THE BEGINNING, GOD CREATED THE HEAVENS AND THE EARTH. THE EARTH WAS WITHOUT FORM AND VOID, AND DARKNESS WAS OVER THE FACE OF THE DEEP. GENESIS 1:1-2

AND GOD SAID ... AND IT WAS SO ... AND GOD SAW THAT IT WAS GOOD. GENESIS 1:14-18



GENESIS 1:26

THEN GOD SAID, “LET US MAKE MAN IN OUR IMAGE, AFTER OUR LIKENESS. AND LET THEM HAVE DOMINION OVER THE FISH OF THE SEA AND OVER THE BIRDS OF THE HEAVENS AND OVER THE LIVESTOCK AND OVER ALL THE EARTH AND OVER EVERY CREEPING THING THAT CREEPS ON THE EARTH.”



GARDENING AND GUARDING

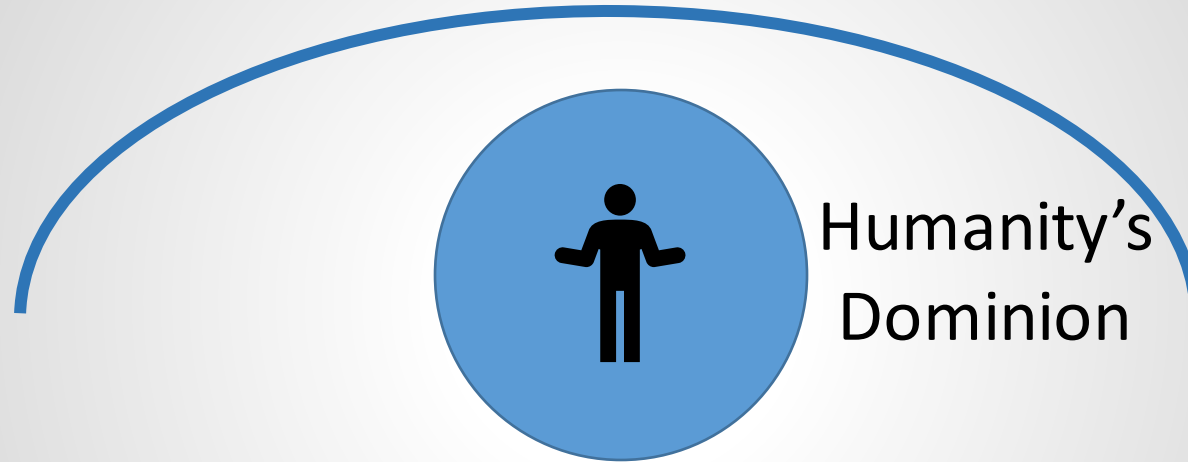
**WHEN NO BUSH OF THE FIELD WAS YET IN THE LAND AND NO SMALL PLANT OF THE FIELD HAD YET
SPRUNG UP—FOR THE LORD GOD HAD NOT CAUSED IT TO RAIN ON THE LAND, AND THERE WAS NO
MAN TO WORK THE GROUND ... AND THE LORD GOD PLANTED A GARDEN IN EDEN, IN THE EAST, AND
THERE HE PUT THE MAN WHOM HE HAD FORMED. GENESIS 2:5,8**

**THE LORD GOD TOOK THE MAN AND PUT HIM IN THE GARDEN OF EDEN TO WORK IT AND KEEP IT.
GENESIS 2:15**



GOD

God's Dominion



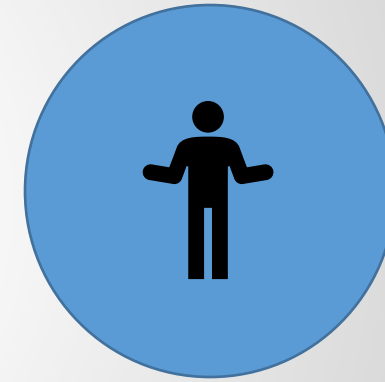
Creation

5. A CRITICAL MALFUNCTION



GOD

God's Dominion



Humanity's
Dominion

anxiety



Creation

6. REORIENTING THE ANXIOUS

10 THEN HE SAID TO THEM, “NATION WILL RISE AGAINST NATION, AND KINGDOM AGAINST KINGDOM. 11 THERE WILL BE GREAT EARTHQUAKES, AND IN VARIOUS PLACES FAMINES AND PESTILENCES. AND THERE WILL BE TERRORS AND GREAT SIGNS FROM HEAVEN. 12 BUT BEFORE ALL THIS THEY WILL LAY THEIR HANDS ON YOU AND PERSECUTE YOU, DELIVERING YOU UP TO THE SYNAGOGUES AND PRISONS, AND YOU WILL BE BROUGHT BEFORE KINGS AND GOVERNORS FOR MY NAME’S SAKE. 13 THIS WILL BE YOUR OPPORTUNITY TO BEAR WITNESS. LUKE 21:10-13



14 SETTLE IT THEREFORE IN YOUR MINDS NOT TO MEDITATE BEFOREHAND HOW TO ANSWER, 15 FOR I WILL GIVE YOU A MOUTH AND WISDOM, WHICH NONE OF YOUR ADVERSARIES WILL BE ABLE TO WITHSTAND OR CONTRADICT. 16 YOU WILL BE DELIVERED UP EVEN BY PARENTS AND BROTHERS AND RELATIVES AND FRIENDS, AND SOME OF YOU THEY WILL PUT TO DEATH. 17 YOU WILL BE HATED BY ALL FOR MY NAME'S SAKE. 18 BUT NOT A HAIR OF YOUR HEAD WILL PERISH. 19 BY YOUR ENDURANCE YOU WILL GAIN YOUR LIVES. LUKE 21:14-19

