

## Women2Women 2025 May Seminar

Betsy | *Beating Anxiety*

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**“Your capacity to feel concern about the trouble in your world is a creational gift from God. When you are intensely concerned, you know something is wrong. Anxiety can serve a useful function in our lives when it alerts us to trouble and drives us to bring those troubles to God. But usually anxiety is also part of the trouble. As we all know, anxiety can go way off the rails.” – David Powlison**

**“The Christian looks at a beautifully plumed bird, or eagle in flight, or a robin straining valiantly in a tug of war against a fat worm and sees his Father’s design and his Father’s care. A bat swoops low at dusk; and the Christian does not say, ‘Ha! Marvelous aerodynamics, there! Evolution is quite remarkable.’ Rather, ornithologist or no, he testifies to God’s activity behind the flight. And the wren who works all day to feed her chicks is evidence of God’s provision for tiny baby birds. The believer who has understood and adopted this biblical cosmology has a constant, abundant array of evidence around him concerning divine providence and beneficence.” – D.A. Carson**

**“Jesus does not say that ‘their’ heavenly Father feeds them, but your heavenly Father; the very Father in whom the anxious have ceased to trust provides even for improvident birds.” – Leon Morris**

**“there is a strange confidence that lies behind all worry...Worry is looking for control. If I imagine the worst, I will be more prepared for the worst. It is irrational because worry will not prepare us for anything...Take a hard look at yourself instead of your circumstances when worry is blaring. Ask yourself what you are trusting in. Face the reality that we have to go outside ourselves for an answer and seek God Who is in control.” – Ed Welch**

**“Keeping alive a grateful memory is a spiritual art...the ministry of remembering should be a bright thread running through all our Christian living-individually, corporately, publicly, privately, in the quiet moment of intimate prayer as well as in open statements of public thanksgivings; for single people, for couples, for families, for churches, for communities, for nations...the moment of remembering, the time taken out for thanks, the pause for praise, will stand before God and our fellow human beings as a statement of declared trust, of radical reliance, of faith that will admit no turning back—in short, a decisive no to self-sufficiency and doubt and an emphatic yes to God.” – Os Guinness**

**“‘We know the sight and sound of homes collapsing in flames...Our own ears have heard the sound of crashing, falling, and shrieking.’ In such times, the invitation to consider the birds and lilies seems inapt. Yet...we must ‘stop and listen when this man (Jesus), whose life on earth was anything but birdlike and lilylike, points us to the carefreeness of the birds and lilies.’ The shadow of the cross already loomed over the Sermon on the Mount. So it is reasonable for us to trust the Father in a dark hour, because Jesus, our exemplar**

**did so as well. Moreover, Jesus blazed a trail through life's troubles, tasting death itself, and defeating it on our behalf.” – Daniel Doriani**

**“What will bring rest and release is spending more time meditating on the cross and the God of the cross. So I point to the cross of Christ, for there's no greater encouragement, and no greater motivation for everything God has called you to do and experience in life, than to recognize His love for you in His darkest hour, and to receive His care for you in your darkest hour.” – C.J. Mahaney**

**“God never instructs us in Scripture to fight anxiety by arguing with it. It never works. Scripture only instructs us to cast our anxieties on God in prayer and trust Him to meet our needs, whatever they are (I Peter 5:7, Phil. 4:6-7,19).” – Jon Bloom**

**“A weak faith can lay hold on a strong Christ. It is our work to cast care, and it is God's work to take care.” – Thomas Watson**

**“I'm convinced that there are a good many things in this life that we really can't do anything about, but that God wants us to do something with...Sometimes life is so hard you can only do the next thing. Whatever that is just do the next thing. God will meet you there.” – Elisabeth Elliot**

**“You'll do well to get others to walk with you, to help you find and keep perspective. We aren't made to do life alone.” – David Powlison**

**“When we live in ‘tomorrowland’, we can fret over our woes or dream about our triumphs. Both can distract us from the goal of living for the Kingdom in the present.” – Daniel Doriani**

**“Jesus is not teaching fatalism but trust in God. It is trust that is important...Tomorrow will be anxious about itself does not mean that we must not worry today, tomorrow we may do so. It is a forceful way of saying that worry must always be deferred. Tomorrow's worry is only in the sense ‘tomorrow never comes’; if worry is confined to tomorrow, we are free, for it is always today.” – Leon Morris**