

**How Church  
Could (Literally)  
Save Your Life**



**“Study after study  
has shown that  
people who attend  
religious services  
once a week or more  
are happier, healthier,  
and longer-lived than  
those who don’t”**

**Rebecca McLaughlin**

FACING  
*anxiety*

FINDING  
*peace*



# Big Idea

Christ comforts through community.

## The Gift of Brothers & Sisters

1. To Walk Beside Us
2. To Bear Our Burdens
3. To Broaden Our Gaze

# To Walk Beside Us

Rejoice with those who rejoice, weep with those who weep.

Romans 12:15

If one member suffers, all suffer together; if one member is honored, all rejoice together.

1 Corinthians 12:26

Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind.

1 Peter 3:8

# To Walk Beside Us



FACING **anxiety** / FINDING **peace**

# To Walk Beside Us

Rejoice with those who rejoice, weep with those who weep.

Romans 12:15

Enter the person's experience before you try to correct it by saying things like:

- Tell me what happened.
- Tell me how you're feeling.
- That sounds really hard/scary.
- You don't have to carry this alone.
- I'm here with you.
- What can I do to help?

## To Walk Beside Us

And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.”

Matthew 26:37-38



# To Walk Beside Us

You have kept count of  
my tossings; put my  
tears in your bottle. Are  
they not in your book?  
Psalm 56:8



# To Bear Our Burdens

Bear one another's burdens, and so fulfill the law of Christ.

Galatians 6:2

But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? Little children, let us not love in word or talk but in deed and in truth.

1 John 3:17-18

# To Bear Our Burdens

## Practical Ways to Help:

- Provide childcare
- Provide a meal
- Provide a ride
- Help someone get organized
- Help with yardwork
- Fix something that is broken
- Help with car repair/maintenance



Reach out to PCC's Mercy Ministry

# To Bear Our Burdens

“Your Burden Is Mine” - Sarah Sparks

*Don't hold your tears back from me  
And I'll give you mine, and I'll give you mine  
Don't spare me from anything  
Your burden is mine, your burden is mine*

*Careful, my brother, there on your own  
For it is a fool who suffers alone  
There's none self-sufficient, only those who try  
So swallow your pride, your burden is mine*



## To Broaden Our Gaze

And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

Hebrews 10:24-25

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

Colossians 3:16

# To Broaden Our Gaze

We can gently interrupt the spiraling thoughts that are often part of someone's anxiety (i.e. catastrophizing)—thoughts like:

- Everything is going to fall apart
- I'll never recover
- Nobody likes me
- Everyone hates me
- Something terrible is going to happen



# To Broaden Our Gaze

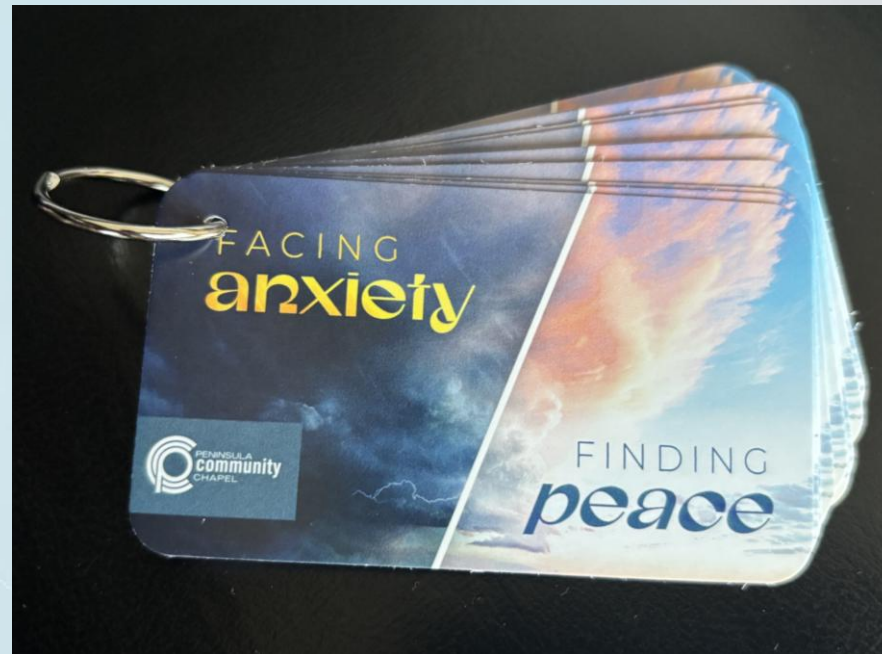
We can gently interrupt the spiraling thoughts by gently and wisely asking clarifying questions like:

- Can you tell me more about what feels scary right now?
- What feels most threatening?
- What are you afraid could happen?
- When you imagine the future, what feels overwhelming?

We can also provide added perspective, remind the person of truth, and help them distinguish the difference between possible and probably outcomes.

# To Broaden Our Gaze

Facing Anxiety/Finding Peace Scripture Cards



FACING *anxiety* / FINDING *peace*

# To Broaden Our Gaze

Others provide opportunities for us to look beyond ourselves to help them.

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

1 Corinthians 1:3-4

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