



SHELTER

A dark green velvet sofa with wooden legs is centered in a minimalist room with a light-colored wall and a wooden floor. The sofa has two large back cushions and two smaller armrest cushions. The text "COUCH TALKS" is overlaid in large, white, bold, sans-serif capital letters across the back cushions.

COUCH TALKS

ANXIETY AND JESUS
AUGUST 24TH, 2022

Small "a" anxiety

- "General" Anxiety: A negative feeling affixed to future events or outcomes.
- Is caused by situations or outcomes in our future and our perception that the situations or outcomes will be negative.
- Is experienced by every person who has ever lived, who's alive today, and who's going to live.
- Is something that we have a large, but not total, amount of control over.

Big "A" Anxiety

- Clinical Anxiety: A Medical Disorder that causes excessive, uncontrollable, and irrational anxiety.
- Occurs for a number of different reasons. Once Clinical Anxiety Occurs, professional treatment is required.
- Is experienced by a small sub-set of the population.
- Is something that we have some, but not much, control over.

THINGS THE WORLD BELIEVE ABOUT ANXIETY

- Often treats all anxiety as Big-A Anxiety.
- Encourages you to make anxiety (or other mental-health problems) a part of your identity.
- Presents it as treatable, but not curable.
- De-emphasizes Sin and Spiritual Health.



THINGS THE CHURCH BELIEVE ABOUT ANXIETY

- Often treats all anxiety as little-a anxiety.
- Discourages you from approaching anxiety (or other mental-health problems) as a non-spiritual problem.
- Presents it as easily curable via. Prayer and Bible Study.
- De-emphasizes Mental and Emotional Health.



ANXIETY IN THE BIBLE

- King David (Psalm 6:6)
 - David, a "Man after God's own heart", suffering Clinical Anxiety his entire life. This didn't excuse his sin but neither did it count against him in the eyes of God. At the end of his life, he found comfort in God knowing Him.
- Jesus (Luke 22:41-44)
 - Jesus, King of Kings and Lord of Lords, suffered anxiety the night that he was betrayed. He was in complete control of the situation and he knew the outcome. Yet, he still suffered like we do because he was fully Human.

THINGS THE BIBLE TEACHES ABOUT ANXIETY

- God cares about us, even when we don't feel like he does. (Luke 12:22-24)
- Nothing in all creation can ever separate us from God. (Romans 8:38-39)
- Therefore, burden him with your anxiety. He can take it. (1 Peter 5:7)
- If you need medicine, take it and don't be ashamed; that's why God made it! (1 Timothy 5:23)



Addressing small "a" anxiety

- When you can control an outcome, pray and work hard, When you can't control an outcome, pray and trust God.
- Don't make big decisions based on temporary negative feelings. Give it time; things won't go as bad as you think.
- Comparing yourself to others is a sure-fire way to ramp up the anxiety; God made you special and he didn't screw up.
- Investing in spiritual things through prayer and bible-study will de-emphasize worldly things that cause us the most amount of anxiety.

Coping with big "A" Anxiety

- Listen to the professionals, take your medicine everyday, and trust God with your mental health as we do with our physical health.
- Don't make any life-altering decisions when in the middle of bad Anxiety; you'll see things clearer on the other side.
- Life would NOT be better if you weren't in it and things CAN and WILL get better than they are right now. "God holds tomorrow" is a reality for Christians, not a dumb bumper-sticker.
- Don't forget to care for yourself even if it doesn't feel like it's helping.

LAST THOUGHT

JESUS KNOW'S WHAT
YOU'RE GOING THROUGH
BECAUSE HE WENT
THROUGH IT TOO.

