

## DEALING WITH ANXIETY

Ps. 27:1-4, 91; Matthew 6:25-34; Philippians 4:4-13; I Peter 5:7

**Two primarily biologically based emotions:** (from which many other emotions derive)

-**Anxiety**—energy consumer, turning focus inward, fear, dread, worry; producing cortisol

-**Anger**—energy producer, turns focus outward, often harmful to self/others; producing adrenalin

ANXIETY is a normal God-given emotion, to help us develop healthy life patterns to protect us from danger. It helps us be able to see our world and our own situation better, often helps us do our best, and to be careful in all we do. When out of control, worry and fear cause us to become depressed, emotionally and/or physically paralyzed, and unable to function normally. Not a 'SIN'  
--It is a means of preparing us physically to either **flee** from danger, or to **face** it

### Two main triggers of Anxiety:

-Perceiving something/someone is 'out of control', needing to be fixed or gain control, or a perceived emotional or physical threat

-Facing a totally new situation, or sudden change, when we do not know how to proceed

### Sources of anxiety:

-Environmental factors—stressors of work, relationship challenges, financial, day-to-day 'busyness', traumatic events, sudden loss, substance abuse, fear of failure, fear of future

-Genetic components—herited pre-disposition for anxiety related disorders, higher in females

-Biological—chemical imbalance, other diseases causing changes such as cancer, heart issues

### Responses:

-Medications are available to help with chemical dysfunction and to give one the opportunity to live relatively stable lives, help alter moods, be an anti-depressant, and brighten one's outlook

-Physical things such as breathing patterns, daily routines, diet change, exercise, getting rest

-Mental adjustment, counseling, changing thinking patterns, choosing to change one's outlook

-Spiritual—Our faith/trust in God is an essential means of dealing with anxiety, and rise above it

### Scripture text for today: Matthew 8:23-27

The disciples were experienced sailors, this was not the first storm they had encountered. It must have been a very unusual storm! They were literally 'scared to the point of death!' Things were definitely out of control, and they were being physically threatened!!! We all would have the same reaction the disciples had! (It is always easier to see the storm, not God's presence!)

--I hear God best in two places: sitting at the edge of the Grand Canyon, and on the beach! So on vacation last week in Florida, we succeeded in getting an 'ocean view' hotel room! But only had one day out of five sunshine! The rest was cloudy, very windy, cold, and rainy!!! But I still heard God, even if it wasn't warm and I barely got wind burn rather than suntan!!! Anita and I had lots of 'together' time, (putting puzzles together), reading, playing games, etc.

--I heard God speaking to me about being "content" in Him, not the circumstance! (Phil 4:11-12)

--A good definition of contentment, is to be 'non-anxious', no matter what is going on around us!

--I found Max Lucado's book: Anxious for Nothing, (2017), to be very helpful!

--The following theme came to me as I walked the cold/windy beach, I recommend it to us all:

I AM CONTENT, KNOWING I AM IN GOD'S CARE, AND HE IS IN CONTROL