



“For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing?”

Matthew 6:25

ANXIETY



"Be anxious for nothing..."

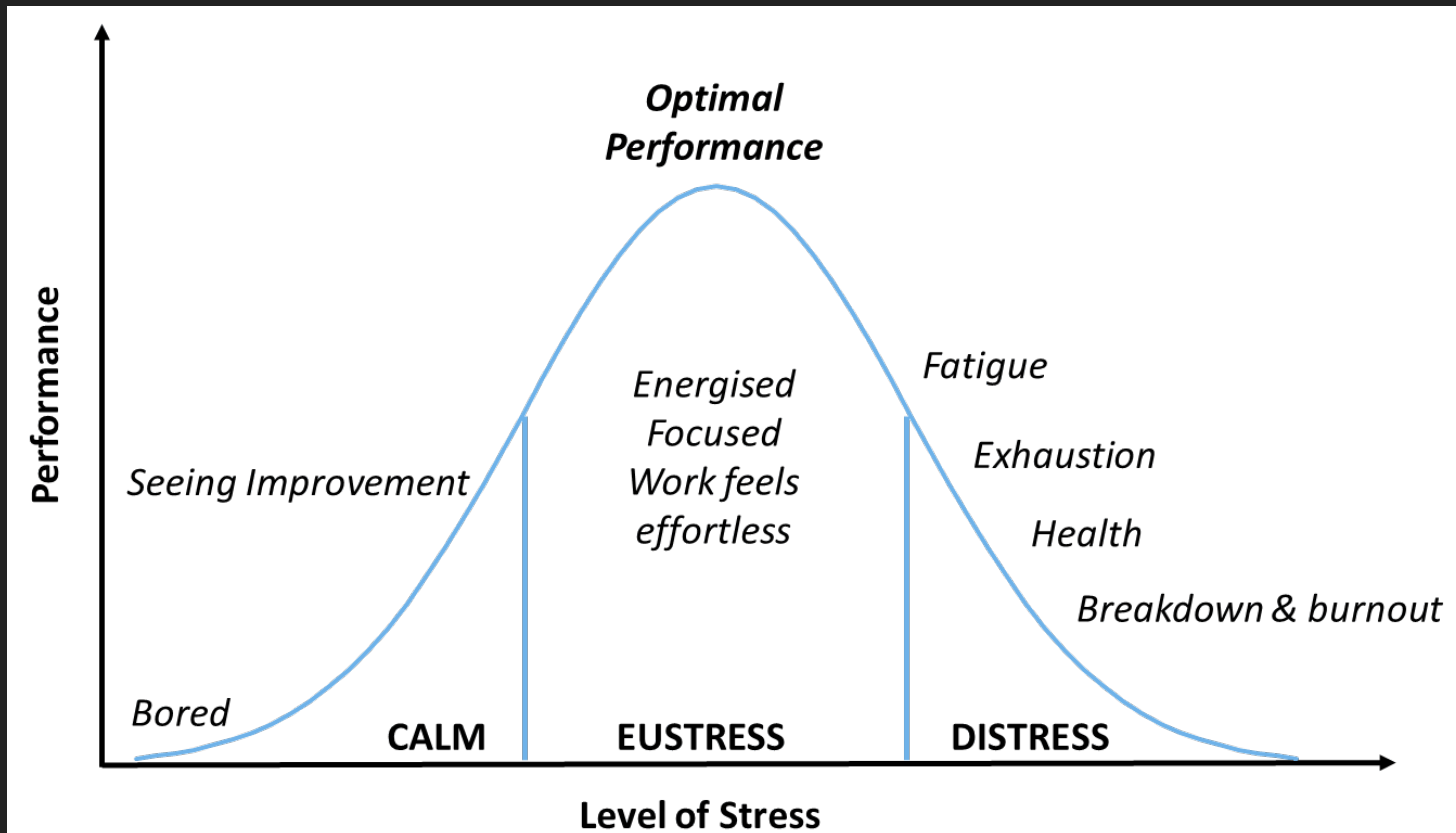
Philippians 4:6

ANXIETY

“Anxiety is a normal reaction to stress and can actually be beneficial in some situations. For some people, however, anxiety can become excessive, and while the person suffering may realize it is excessive they may also have difficulty controlling it and it may negatively affect their day-to-day living.”

National Institute of Mental Health

THE YERKES-DODSON CURVE



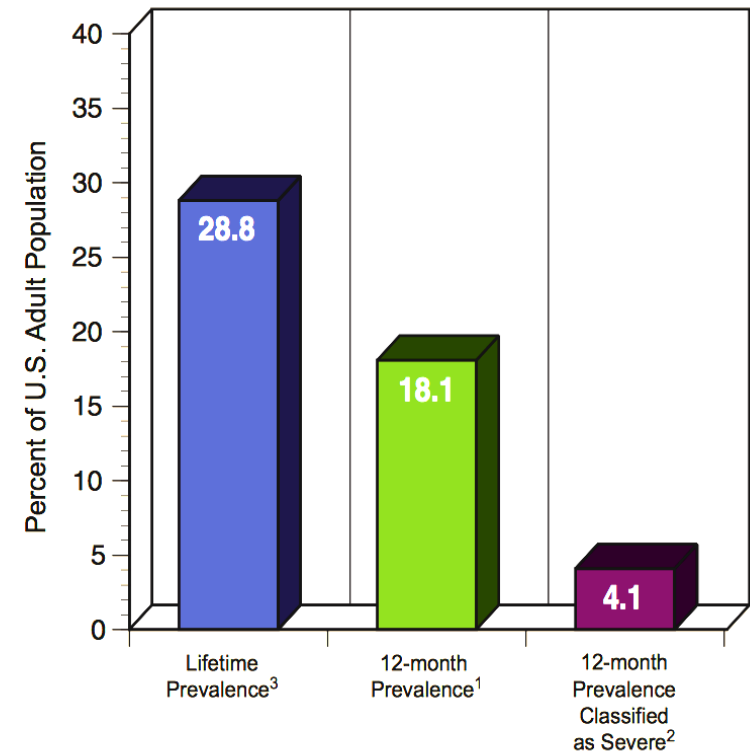
GENERAL CAUSES

ANXIETY DISORDERS

- ▶ Separation Anxiety Disorder
- ▶ Selective Mutism
- ▶ Specific Phobia
- ▶ Social Anxiety Disorder (Social Phobia)
- ▶ Panic Disorder
- ▶ Panic Attack Specifier
- ▶ Agoraphobia
- ▶ Generalized Anxiety Disorder
- ▶ Substance/Medication-Induced Anxiety Disorder
- ▶ Anxiety Disorder Due to Another Medical Condition
- ▶ Other Specified Anxiety Disorder
- ▶ Unspecified Anxiety Disorder

Prevalence

- **12-month Prevalence:** 18.1% of U.S. adult population¹
- **Severe:** 22.8% of these cases (e.g., 4.1% of U.S. adult population) are classified as “severe”²



OUTLINE

GENERAL CAUSES

SIGNS AND SYMPTOMS

"THE CYCLE"

TREATMENT

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WHAT MADE THEM ANXIOUS?

- ▶ Job | Job 7:20-21

“Have I sinned? What have I done to You,
O watcher of men?
Why have You set me as Your target,
So that I am a burden to myself?
Why then do You not pardon my
transgression
And take away my iniquity?
For now I will lie down in the dust;
And You will seek me, but I will not be.”

Job 7:20–21

WHAT MADE THEM ANXIOUS?

- ▶ Job | Job 7:20-21
- ▶ Jacob | **Genesis 32**

“The messengers returned to Jacob, saying, ‘We came to your brother Esau, and furthermore he is coming to meet you, and four hundred men are with him.’ Then Jacob was greatly afraid and distressed...”

[Genesis 32:6–7]

WHAT MADE THEM ANXIOUS?

- ▶ Job | Job 7:20-21
- ▶ Jacob | Genesis 32
- ▶ Elijah | 1 Kings 19:1-4

“And he was afraid and arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there. But he himself went a day’s journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, ‘It is enough; now, O Lord, take my life, for I am not better than my fathers.’”

[1 Kings 19:3-4]

WHAT MADE THEM ANXIOUS?

- ▶ Job | Job 7:20-21
- ▶ Jacob | Genesis 32
- ▶ Elijah | 1 Kings 19:4
- ▶ David | **Psalm 31**

Be gracious to me, O Lord, for I am in distress;
My eye is wasted away from grief, my soul and my
body also.

For my life is spent with sorrow
And my years with sighing;
My strength has failed because of my iniquity,
And my body has wasted away.
Because of all my adversaries, I have become a
reproach,
Especially to my neighbors,
And an object of dread to my acquaintances;
Those who see me in the street flee from me.
I am forgotten as a dead man, out of mind;
I am like a broken vessel.
For I have heard the slander of many,
Terror is on every side;
While they took counsel together against me,
They schemed to take away my life.

[Psalm 31:9-13]

WHAT MADE THEM ANXIOUS?

- ▶ Job | Job 7:20-21
- ▶ Jacob | Genesis 32
- ▶ Elijah | 1 Kings 19:4
- ▶ David | Psalm 31
- ▶ Jeremiah | **Jeremiah 20**

“Why did I ever come forth from
the womb

To look on trouble and sorrow,
So that my days have been spent in
shame?”

[Jeremiah 20:18]

WHAT MADE THEM ANXIOUS?

- ▶ Job | Job 7:20-21
- ▶ Jacob | Genesis 32
- ▶ Elijah | 1 Kings 19:4
- ▶ David | Psalm 31
- ▶ Jeremiah | Jeremiah 20
- ▶ Jesus | Luke 22:39-46

“And He withdrew from them about a stone’s throw, and He knelt down and *began* to pray, saying, “Father, if You are willing, remove this cup from Me; yet not My will, but Yours be done.” Now an angel from heaven appeared to Him, strengthening Him. And being in agony He was praying very fervently; and His sweat became like drops of blood, falling down upon the ground.”

[Luke 22:41-44]

WHAT MAKES US ANXIOUS?

- ▶ The “Big Things”
 - ▶ Our survival
 - ▶ An uncertain future
 - ▶ **losing control**
 - ▶ An unhealthy family environment
 - ▶ The wellbeing of others
 - ▶ ***Our spiritual wellbeing***



WHAT MAKES US ANXIOUS?

- ▶ The “Little Things”
 - ▶ Political Climate
 - ▶ Finances
 - ▶ Exams
 - ▶ Social pressures
 - ▶ Any daily stressor



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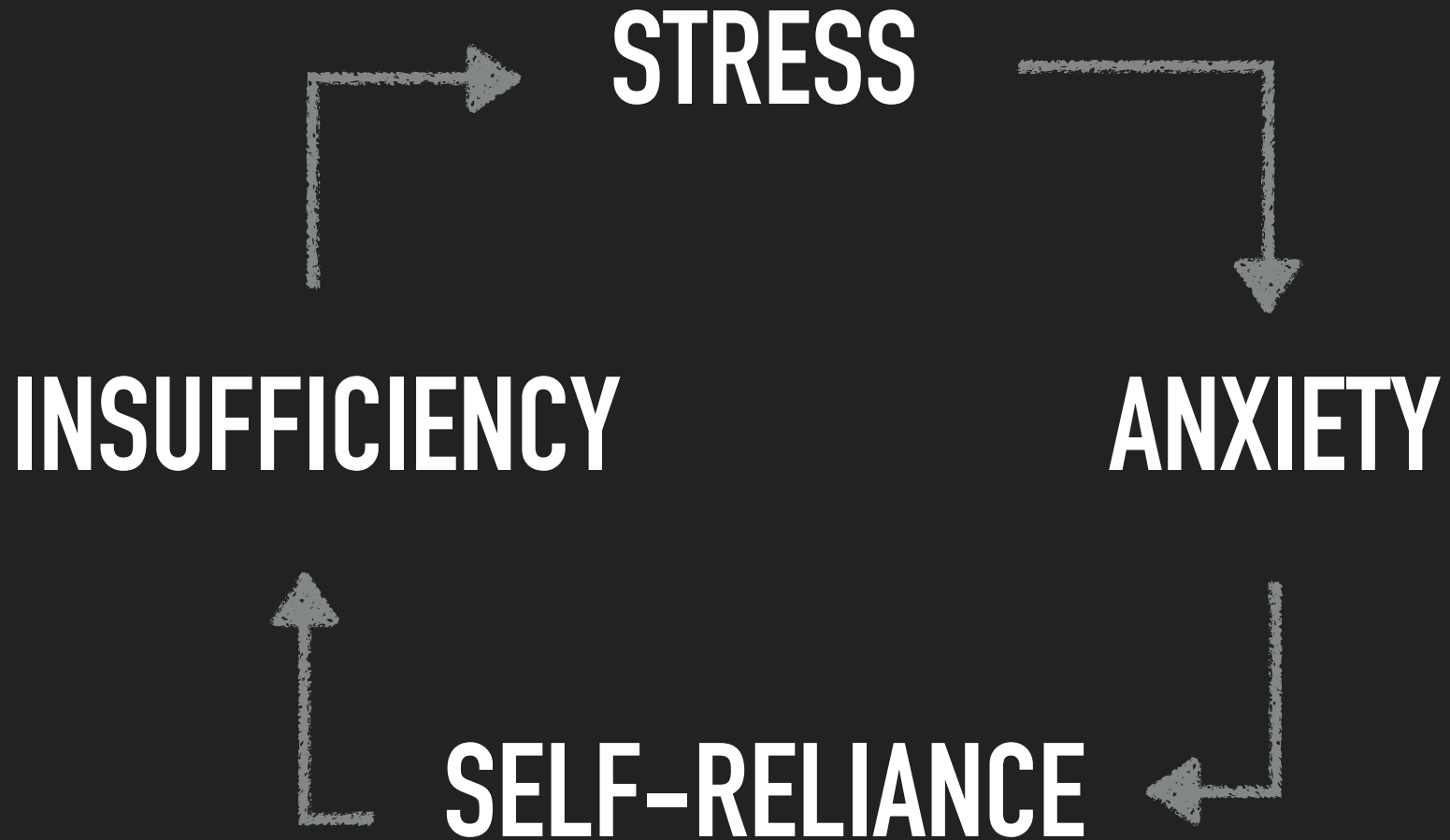
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WHAT MADE THEM BETTER?

▶ Job | Trusting in God's Judgment

"Oh that my words were written!
Oh that they were inscribed in a book!
That with an iron stylus and lead
They were engraved in the rock forever!
As for me, I know that my Redeemer lives,
And at the last He will take His stand on the earth.
Even after my skin is destroyed,
Yet from my flesh I shall see God;
Whom I myself shall behold,
And whom my eyes will see and not another.
My heart faints within me!
If you say, 'How shall we persecute him?'
And 'What pretext for a case against him can we
find?'
Then be afraid of the sword for yourselves,
For wrath brings the punishment of the sword,
So that you may know there is judgment."

[Job 19:23-29]

WHAT MADE THEM BETTER?

- ▶ Job | Trusting in God's Judgment
- ▶ Jacob | [A Prayer for Deliverance](#)

Deliver me, I pray, from the hand of my brother, from the hand of Esau; for I fear him, that he will come and attack me and the mothers with the children. For You said, 'I will surely prosper you and make your descendants as the sand of the sea, which is too great to be numbered.'"

[Genesis 32:11-12]

WHAT MADE THEM BETTER?

- ▶ Job | Trusting in God's Judgment
- ▶ Jacob | A Prayer for Deliverance
- ▶ Elijah | **Food, Water, and Sleep**

"He lay down and slept under a juniper tree; and behold, there was an angel touching him, and he said to him, "Arise, eat." Then he looked and behold, there was at his head a bread cake baked on hot stones, and a jar of water. So he ate and drank and lay down again. The angel of the Lord came again a second time and touched him and said, "Arise, eat, because the journey is too great for you." So he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mountain of God."

[1 Kings 19:5-8]

WHAT MADE THEM BETTER?

- ▶ Job | Trusting in God's Judgment
- ▶ Jacob | A Prayer for Deliverance
- ▶ Elijah | Food, Water, and Sleep
- ▶ David | Casting Anxieties on Him

Be gracious to me, O Lord, for I am in distress;
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body also.

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WHAT MADE THEM BETTER?

- ▶ Job | Trusting in God's Judgement
- ▶ Jacob | A Prayer for Deliverance
- ▶ Elijah | Food, Water, and Sleep
- ▶ David | Casting Anxieties on Him
- ▶ Jeremiah | Confidence in His Strength

But the Lord is with me like a dread champion;

Therefore my persecutors will stumble and not prevail.

They will be utterly ashamed, because they have failed,

With an everlasting disgrace that will not be forgotten.

[Jeremiah 20:11]

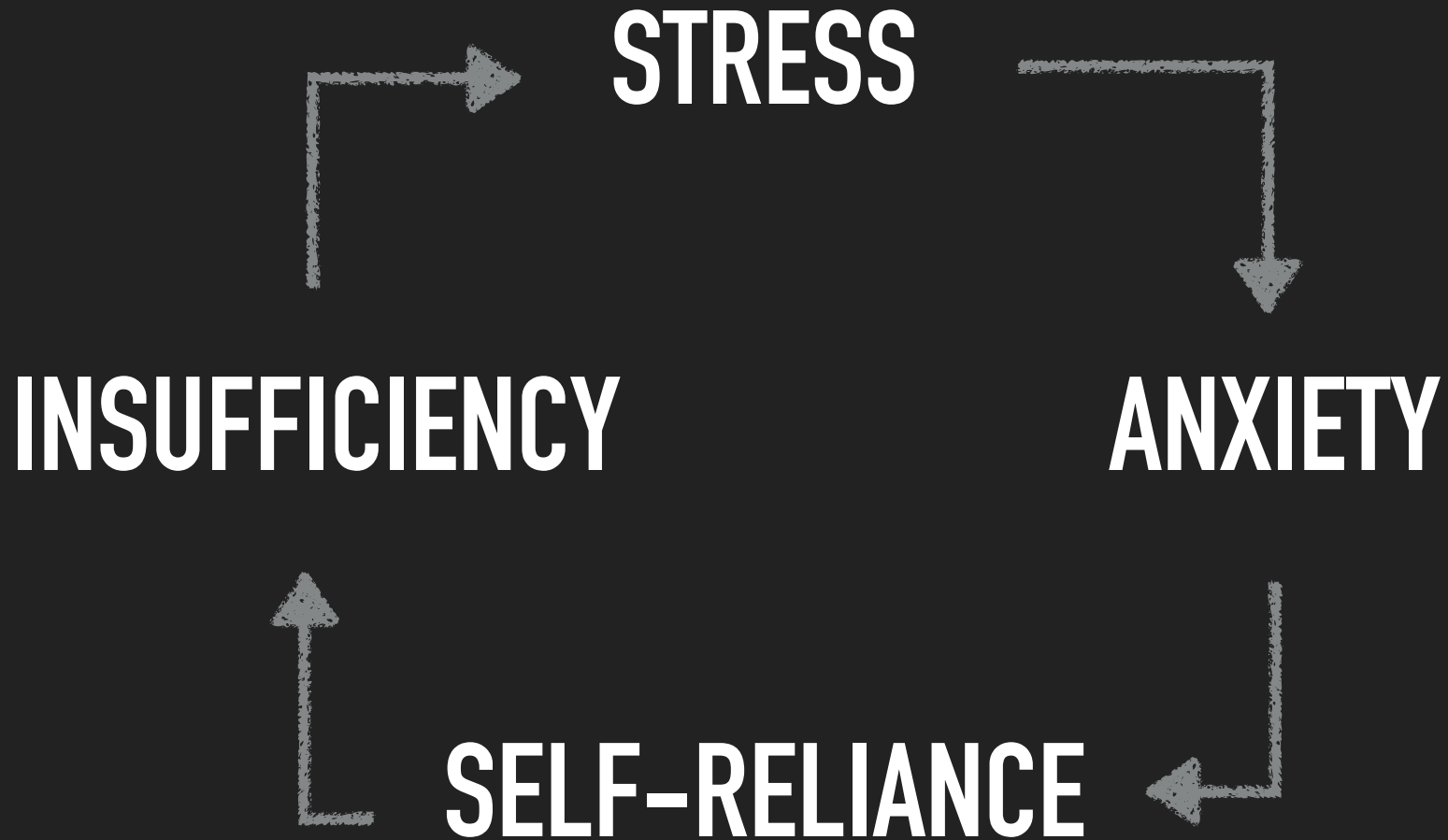
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- ▶ Jacob | A Prayer for Deliverance
- ▶ Elijah | Food, Water, and Sleep
- ▶ David | Casting Anxieties on Him
- ▶ Jeremiah | Confidence in His Strength
- ▶ Jesus | **Fervent Prayer**

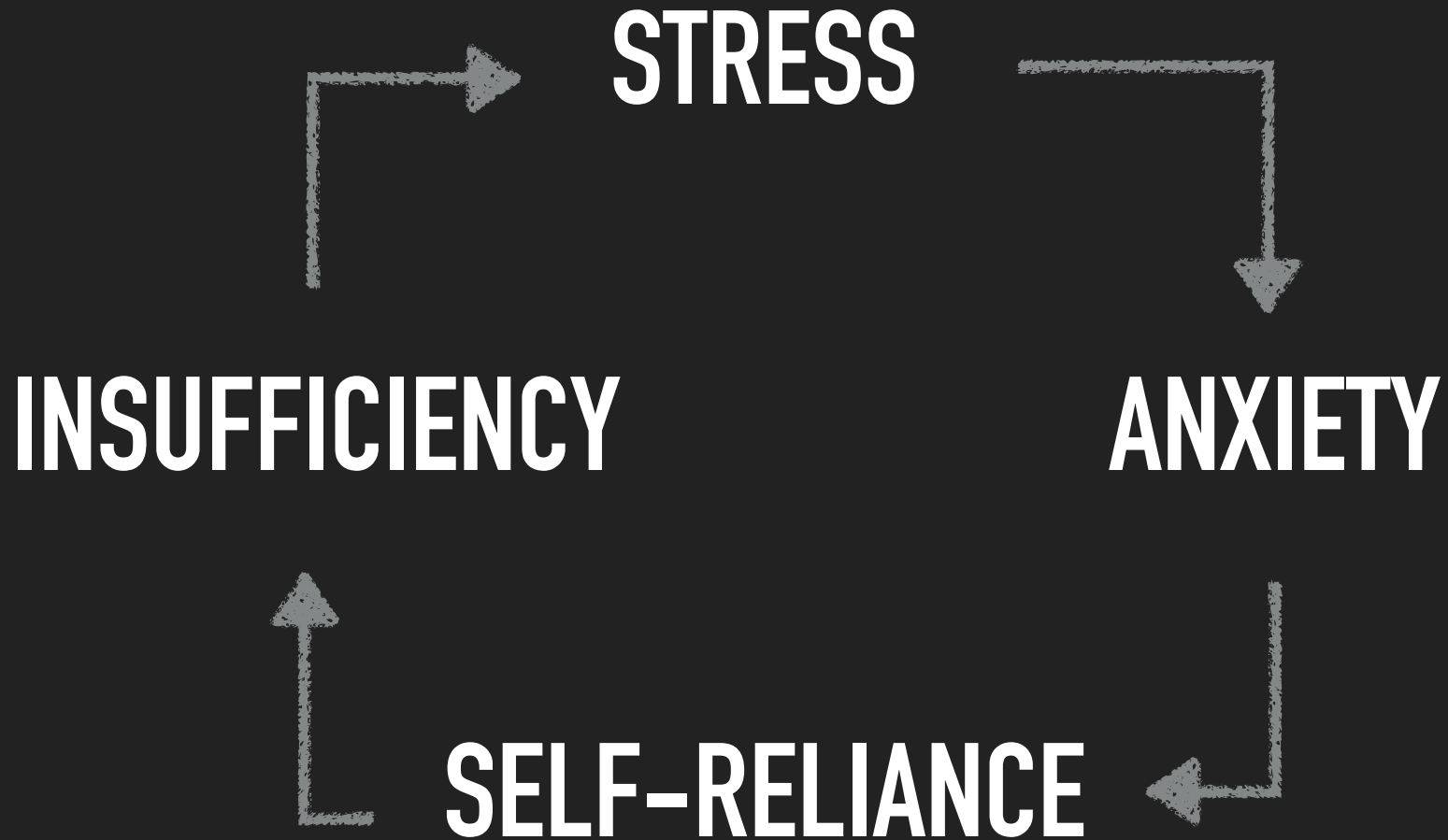
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[Luke 22:41-44]

“THE CYCLE”



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BREAKING THE CYCLE

- ▶ Philippians 4:6

“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

[Philippians 4:6]

BREAKING THE CYCLE

- ▶ Philippians 4:6
- ▶ 1 Peter 5:6-7

“Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.”

[1 Peter 5:6-7]

BREAKING THE CYCLE

- ▶ Philippians 4:6
- ▶ 1 Peter 5:6-7
- ▶ Proverbs 3:5-6

“Trust in the Lord with all your heart
And do not lean on your own
understanding.

In all your ways acknowledge Him,
And He will make your paths
straight.”

[Proverbs 3:5–6]

BREAKING THE CYCLE

- ▶ Philippians 4:6
- ▶ 1 Peter 5:6-7
- ▶ Proverbs 3:5-6
- ▶ Matthew 11:28-30

“Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

[Matthew 11:28–30]

BREAKING THE CYCLE

- ▶ Philippians 4:6
- ▶ 1 Peter 5:6-7
- ▶ Proverbs 3:5-6
- ▶ Matthew 11:28-30
- ▶ Colossians 3:15

Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful.

[Colossians 3:15]

BREAKING THE CYCLE

- ▶ Philippians 4:6
- ▶ 1 Peter 5:6-7
- ▶ Proverbs 3:5-6
- ▶ Matthew 11:28-30
- ▶ Colossians 3:15
- ▶ Psalm 55:22

Cast your burden upon the Lord and He will sustain you; He will never allow the righteous to be shaken.

[Psalm 55:22]

BREAKING THE CYCLE

- ▶ Philippians 4:6
- ▶ 1 Peter 5:6-7
- ▶ Proverbs 3:5-6
- ▶ Matthew 11:28-30
- ▶ Colossians 3:15
- ▶ Psalm 55:22
- ▶ Psalm 56:3

When I am afraid,
I will put my trust in You.

[Psalm 56:3]

BREAKING THE CYCLE

- ▶ It takes time and consistency
- ▶ Anxiety may be a “thorn” in our flesh (2 Corinthians 12:7)
 - ▶ Spiritual health does not guarantee mental/physical health (Job)
 - ▶ *Remember that trials serve a purpose (James 1:1-2)*
 - ▶ *All things work together for good (Romans 8:28)*

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