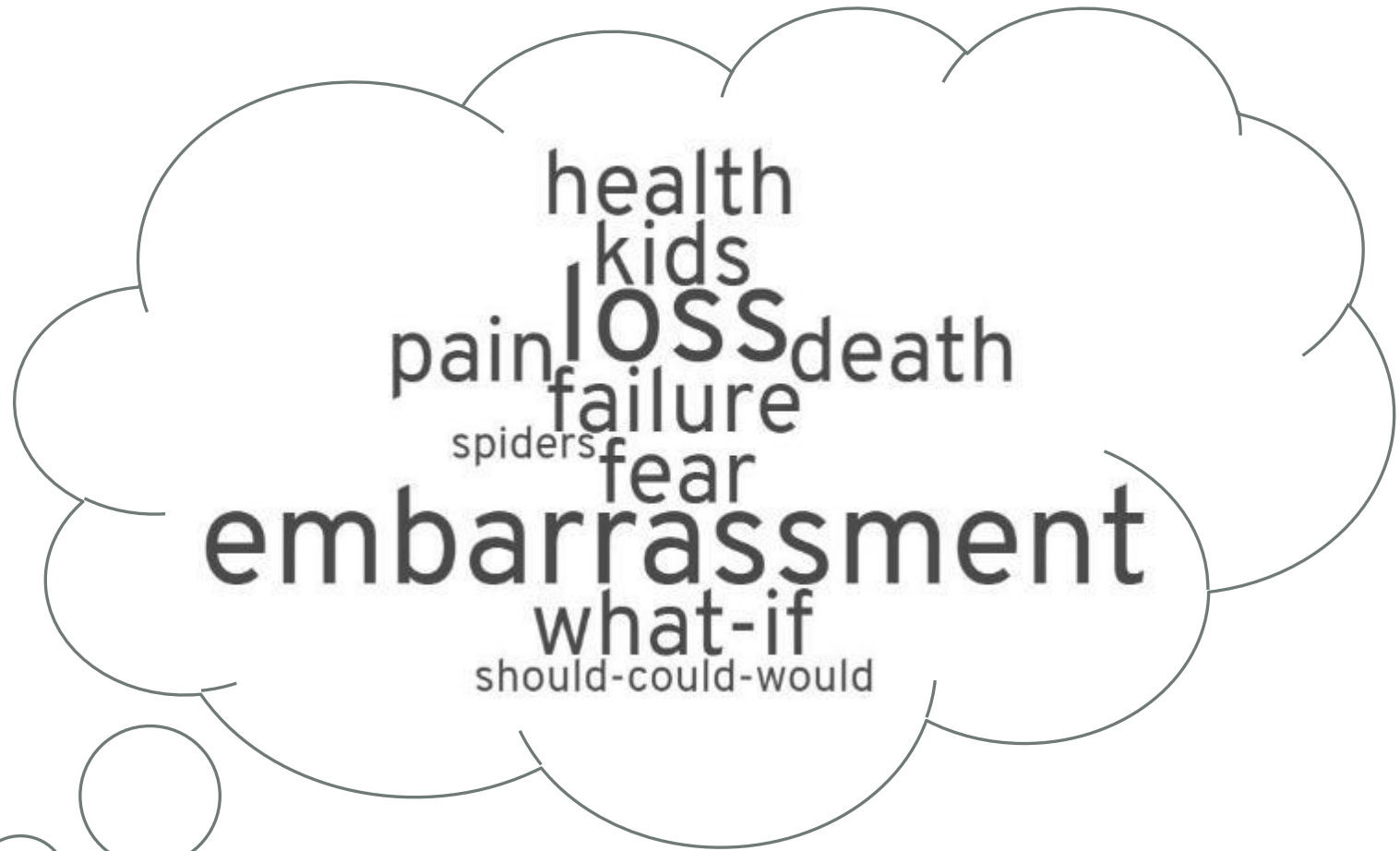


Dealing with Stress, Worry, & Anxiety

Apostolic Christian Counseling & Family Services

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Stress, Worry & Anxiety



health
kids
LOSS
death
pain
failure
spiders
fear
embarrassment
what-if
should-could-would

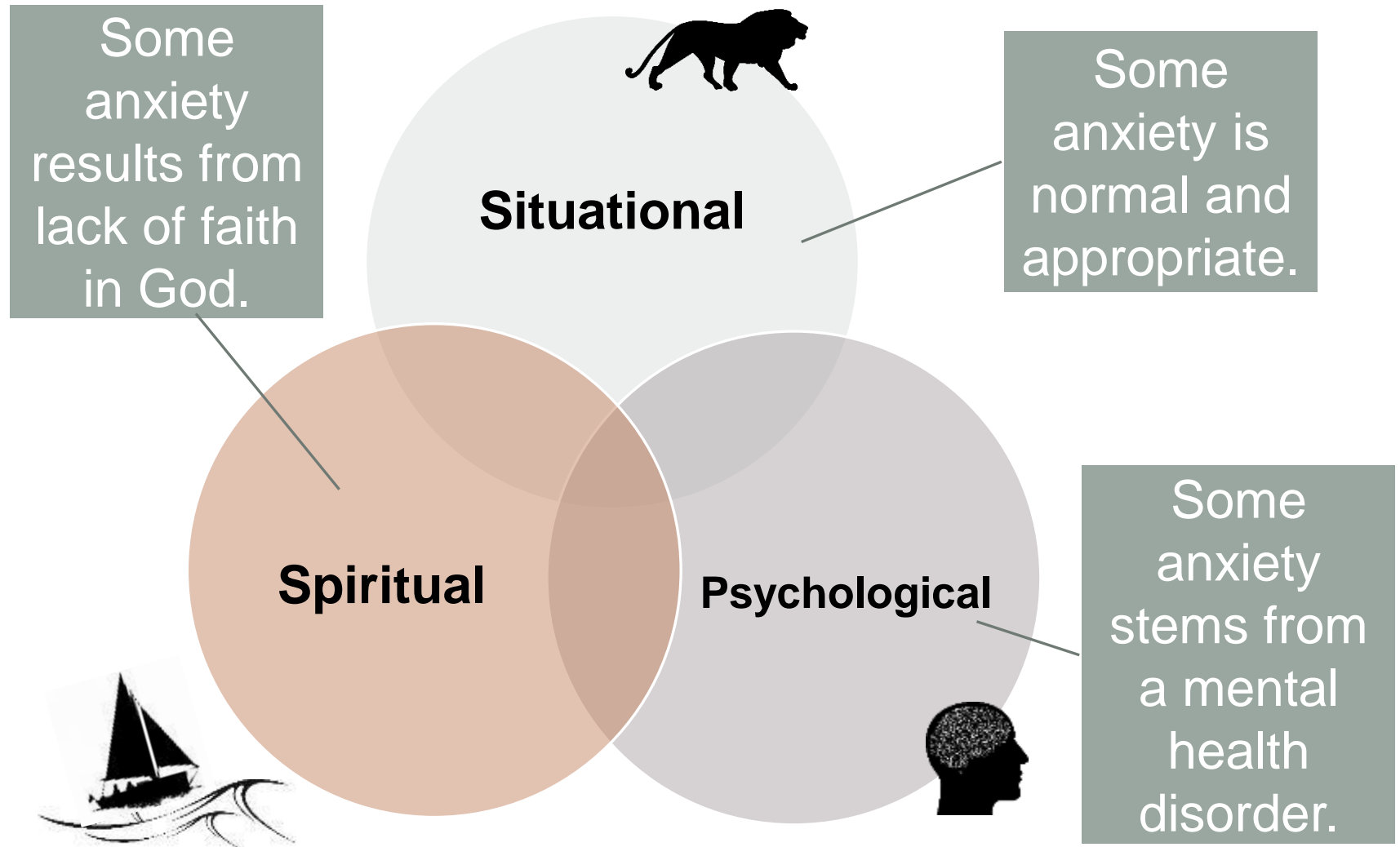
Definition

Stress, Worry & Anxiety:

The vague sense that something is
wrong. – William Backus

- Unrealistic or Realistic
- Present or Future
- Cognitive or Bodily
- Certain or Uncertain

Three Categories of Anxiety



Understanding Anxiety

10. Panic Anxiety
 9. High distress
 8. Moderate distress
 7. Distress
-

6. High tension
 5. Unpleasant tension
 4. Tense
-

3. Relatively calm
2. Relaxed
1. Calm
0. Wonderfully calm



Healthy Anxiety: Being at the right level at the right time for the right length of time.

Two Methods for Dealing with Anxiety

Method 1

Absolving the Anxiety

- Correct the circumstances.
- Avoid negative feelings.

Method 2

Living with the Anxiety

- Face the fear.
- Check your thinking.
- Trust in the Lord.

**Believers can walk
faithfully with anxiety.**

Living with Anxiety

1st They faced their fear.

Often, anxiety motivates avoidance.

- Accept that stress, worry and anxiety will be present in your life.

2nd They checked their thinking.

Often, anxiety is not the result of unbelief, but rather misbelief.

- Challenge misbelief with truth.

3rd They trusted in the Lord.

Often, anxiety does not see God's grace in the feared event.

- Shift your focus from the fear to the Lord.

Example

“Janett tries very hard to “fit in”. When she wasn’t invited to the ladies luncheon on Saturday her anxiety peeked. She couldn’t bear the thought of going to church on Sunday.”

1st Face the fear.

- Janett goes to church.

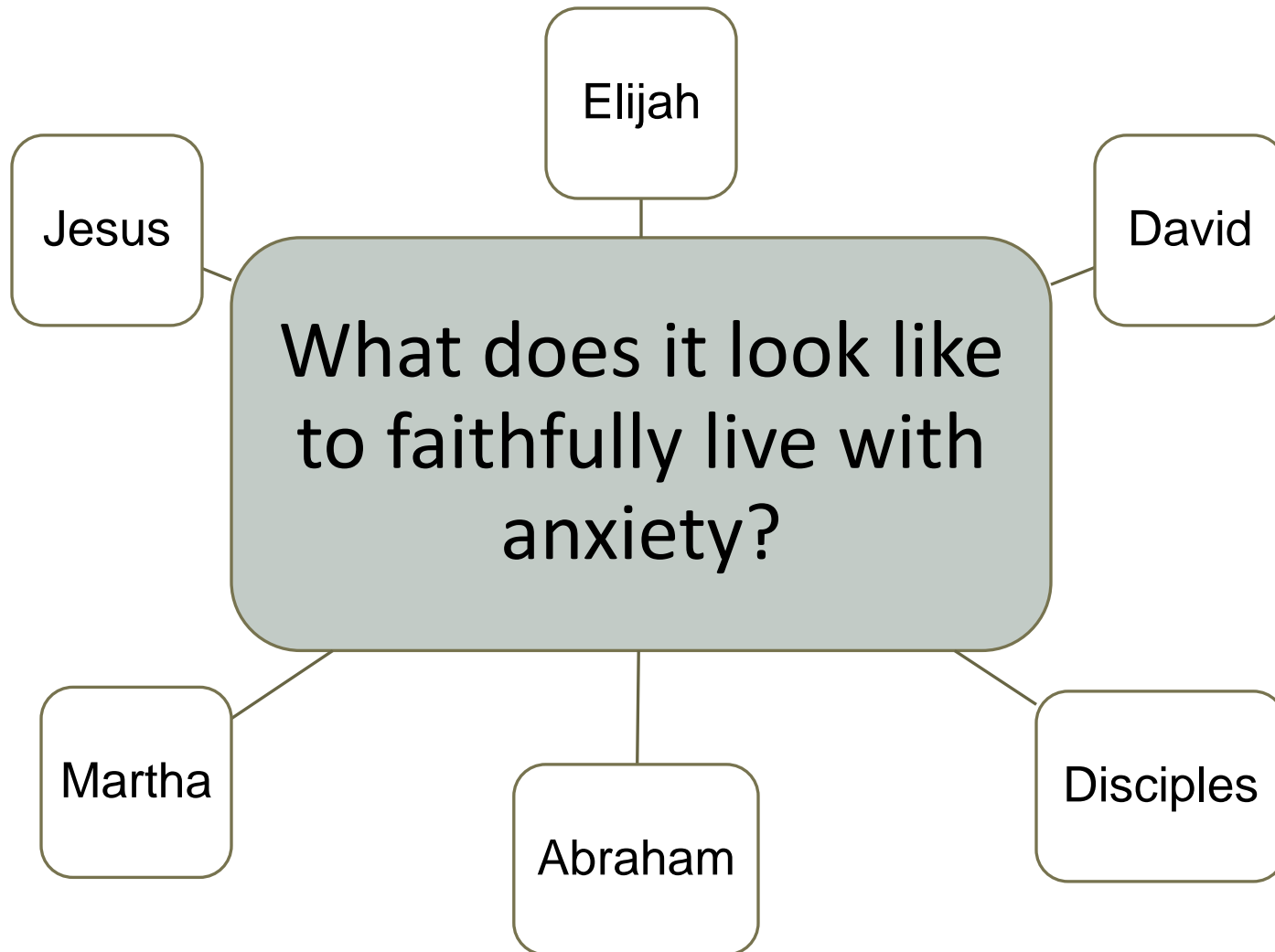
2nd Check your thinking.

- Her misbelief is that she is unwanted and disliked. The truth is, the venue could only hold 15 women so the invitation list couldn’t be exhaustive.

3rd Trust in the Lord.

- Janett shifts her focus from what other people think of her and how she might worship God at church.

Our Aim



Elijah

4 ... and he (Elijah) requested for himself that he might die; and said, It is enough; now, O LORD, take away my life...

5 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat.

...

10 ... I, even I only, am left; and they seek my life, to take it away.

...

15 And the LORD said unto him, Go, return on thy way to the wilderness of Damascus: and when thou comest, anoint Hazael to be king over Syria:

...

18 Yet I have left me seven thousand in Israel, all the knees which have not bowed unto Baal, and every mouth which hath not kissed him.

Elijah

1st Face the fear.

- Elijah attempts to avoid the anxiety by escape and death.

2nd Check your thinking.

- Elijah has the misbelief that he is alone. Everyone is against him.

3rd Trust in the Lord.

- Elijah shifts focus from Jezebel and onto his next assignment.

“Helps” to Calm your Body

Lessons from Elijah -
confirmed by science.

Sleep

Eat

Relax

Breathe

Exercise

David

⁴ My heart is sore pained within me: and the terrors of death are fallen upon me.

⁵ Fearfulness and trembling are come upon me, and horror hath overwhelmed me.

⁶ And I said, Oh that I had wings like a dove! for then would I fly away, and be at rest.

⁷ Lo, then would I wander far off, and remain in the wilderness. Selah.

⁸ I would hasten my escape from the windy storm and tempest.

...

²¹ The words of his mouth were smoother than butter, but war was in his heart: his words were softer than oil, yet were they drawn swords.

²² Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

David

1st Face the fear.

- David faced his fears by penning this psalm.

2nd Check your thinking.

- David reoriented his thinking with “God shall never suffer the righteous to be moved.”

3rd Trust in the Lord.

- David shifted his focus from his betrayer to the Lord.

1 Peter 5:7

“Casting all your care upon him; for he careth for you.”

“Helps” to Calm your Mind

Lessons from David - confirmed by science.

- Use memory

Ps 77:10-11

- Use scripture

Ps 33:4

- Use music

Ps 135:3

- Use quiet

Ps 46:10

- Use nature

Ps 19:1

Disciples

35 And the same day, when the even was come, he saith unto them, Let us pass over unto the other side.

36 And when they had sent away the multitude, they took him even as he was in the ship...

37 And there arose a great storm of wind, and the waves beat into the ship, so that it was now full.

38 And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish?

39 And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.

40 And he said unto them, Why are ye so fearful? how is it that ye have no faith?

41 And they feared exceedingly, and said one to another, What manner of man is this, that even the wind and the sea obey him?

Disciples

1st Face the fear.

- The disciples wanted to avoid the anxiety of the storm while Jesus wanted his disciples to face the storm in His presence.

2nd Check your thinking.

- The disciples believed they were perishing. Jesus wanted them to believe His command to “pass over to the other side.”

3rd Trust in the Lord.

- The disciples placed their trust in circumstances. Jesus wanted them to place their trust in Him.

Abraham

² And Abraham said of Sarah his wife, She is my sister: and Abimelech king of Gerar sent, and took Sarah.

³ But God came to Abimelech in a dream by night, and said to him, Behold, thou art but a dead man, for the woman which thou hast taken; for she is a man's wife.

⁴ But Abimelech had not come near her: and he said, LORD, wilt thou slay also a righteous nation?

...

¹⁰ And Abimelech said unto Abraham, What sawest thou, that thou hast done this thing?

¹¹ And Abraham said, Because I thought, Surely the fear of God is not in this place; and they will slay me for my wife's sake.

Genesis 20

Abraham

1st Face the fear.

- Fear motivated Abraham to avoidance. He and Sarah agreed to be “brother and sister” while in the foreign land.

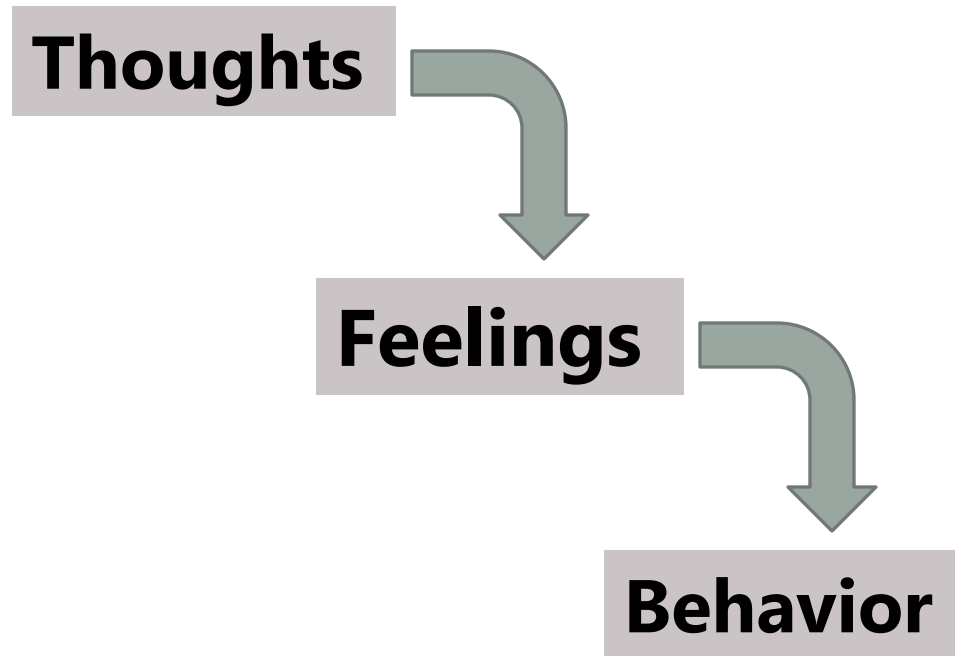
2nd Check your thinking.

- Abraham’s misbelief was that Abimelech did not fear God.

3rd Trust in the Lord.

- Abraham did not trust in the Lord in this circumstance.

The Impact our Thoughts Make



“... whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.” vs 8

Martha

40 But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me.

41 And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things:

42 But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.

Luke 10

Martha

1st Face the fear.

- Martha chose to soothe her stress by “doing”.

2nd Check your thinking.

- Martha held the misbelief that “much serving” was **most** needful.

3rd Trust in the Lord.

- Jesus shifted Martha’s focus away from “doing” and onto “being” with him.

Matthew 6

25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?...

31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

“Helps” to Calm Your Spirit

- “Be careful for nothing; but in everything by prayer and supplication...” Phil 4:6
- “Think on these things...” *Phil. 4:8.*
- Be attentive to Jesus' presence and hear his Word. (*Luke 10:39*)
- “Seek ye first the Kingdom of God” Matt 6:33

Jesus

37 And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy.

38 Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me.

39 And he went a little farther, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt.

...

45 Then cometh he to his disciples, and saith unto them, Sleep on now, and take your rest: behold, the hour is at hand, and the Son of man is betrayed into the hands of sinners.

46 Rise, let us be going: behold, he is at hand that doth betray me.

Matt 26

Jesus

1st Face the fear.

- Jesus arose and met the fate He feared.

2nd Check your thinking.

- Jesus settled the thought that what was before Him was the only way.

3rd Trust in the Lord.

- *“Not my will but thine be done.”*

Summary

1st Face the fear.

- What does avoidance look like?
- What does moving forward look like?

2nd Check your thinking.

- Identify the nature of your thoughts. Is there a misbelief?
- What truth counters that misbelief?

3rd Trust in the Lord.

- Use the stem “Even if _____ happens, God’s grace will be there.”
- Shift your focus away from the source of fear and onto a matter that you can control and glorify God in.