

- **Introduction** – Pay attention to your worries.
  - Worry & anxiety are universal emotions that all of us experience.
  - Some characterize our current era as the “Age of Anxiety.”
  - Anxiety knocks us down– “Anxiety weighs down the heart.” (Proverbs 12:25)
  - Can you distinguish positive concerns from unhealthy worries?
  - Is there help and hope for our struggles with anxiety?
  - F. Fear and anxiety are central to many psychopathologies.

<i>Generalized anxiety disorder</i>	<i>Panic disorder</i>
<i>Agoraphobia</i>	<i>Paranoid schizophrenia</i>
<i>Social phobia</i>	<i>Other specific phobias</i>
<i>Obsessive-compulsive disorder</i>	<i>Nightmare disorder</i>
<i>Sexual aversion disorder</i>	<i>Post-traumatic stress disorder</i>
<i>Sleep terror disorder</i>	<i>Paranoid personality</i>
<i>Avoidant personality</i>	<i>Separation anxiety disorder</i>

**Q1. Do you struggle with any of these? Please circle them.**

**Q2. Have you actually been diagnosed as suffering from any of these? Please place a box around it (them)**

**Q3. How have you struggled with worry and anxiety? Look to God for help.**

- “**God cares** about you” (1 Peter 5:7), **and we should care**. Living carelessly is unhealthy.
  - The married should care for their spouse (1 Cor. 7:33-34).
  - All of us should “care for the things of the Lord” (1 Cor. 7:32).
  - Followers of Jesus should “care for one another” (1 Cor. 12:25).
  - We can care deeply. Paul had “deep concern for all the churches” (2 Corinthians 11:28).
  - Accept your God-given concern and fulfill the responsibilities He has entrusted to you.

**Q4. How do you distinguish godly concern from harmful anxiety?**

- **Trust God, not yourself**, with your worry and anxiety.
  - Jesus warned that anxiety can keep us from having a fruitful life. “Now the parable is this: the seed is the word of God.

The ones that fell among thorns are those who are choked with worries and bring no fruit to maturity.” (Luke 8:11, 14).

- Jesus gently tried to help Martha realize she was being controlled by worry. “Martha, Martha, you are worried and troubled about many things.” (Luke 10:41)
- God invites us to trust Him, not ourselves. Jesus taught, “Do not worry about how or what you should answer, or what you should say. For the Holy Spirit will teach you in that very hour what you ought to say.” (Luke 12:11-12)
- In telling us not to be controlled by our worries, Jesus invites us to trust God instead. “And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if **God cares** so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he **will certainly care for you**. Why do you have so little faith?” (Matthew 6:28-30)
- Peter calls us to trust the One Who really cares for us. “Casting all your care upon Him, for He cares for you.” (1 Peter 5:7)
- Paul instructs us to turn to God whenever we worry about anything. “**Be anxious for nothing**, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to **God**; and the **peace of God**, which surpasses all understanding, will **guard your hearts and minds through Christ Jesus.**” (Philippians 4:6-7)
- “Do not **worry** about tomorrow, for tomorrow will **care** about its own things. Sufficient for the day *is* own trouble.” (Matthew 6:34)
- These instructions apply both to the healthy and to the sick. No matter how well or poorly medicine works to alleviate anxiety, God tells us clearly to trust Him and not ourselves.

**Q5. What experiences have you had in trusting God and turning anxiety to piece?**

Consider reading *Running Scared* by Edward T. Welch (New Growth Press, 2007), 314 pages, 30 chapters. Read 1 chapter a day for 30 days.

## Prayer Requests

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

When I said, "My foot is slipping," your unfailing love, LORD, supported me.  
**When anxiety was great within me, your consolation brought me joy** (Psalm 94:18-19)."

Jesus said, "**Do not let your heart be troubled**; believe in God, believe also in Me (John 14:1)."

## Mood Disorder Share & Prayer Support Group

**Anxious about Anxiety?**

**Worried about Worry?**

**Full of Care or Caring?**

**Our Mission** – Glorify God by serving those who suffer from a mood disorder and those who care for them

### **Pillar # 7**

**We believe in speaking the truth in love (Ephesians 4:15), and only saying things that build up, not belittle, embarrass, or demean anyone. "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen (Ephesians 4:29 NIV)."**

A ministry of Grace Baptist Church, Bowie MD  
Childcare available at no cost from 7:00-8:30 Tuesdays

[www.gbcbowie.org](http://www.gbcbowie.org)