

LET'S TALK

Pt 4: Anxiety

INTRO

Do you prefer large group social settings or meeting with just one or two people at a time?

Did you have any funny childhood fears?

What activities do you find relaxing?

READ

It became popular in Christian circles at one time to say that there are 365 verses in the bible that say "fear not" – one for every day of the year. While this statement is not true, there are indeed many verses in Scripture to encourage us not to be afraid or anxious. Here are just a few:

1. Psalm 56:4
2. Isaiah 41:10
3. Philippians 4:6-7
4. John 14:27
5. Isaiah 43:1
6. 1 Peter 5:6-7

REFLECT

Two vital things to consider when looking at the subject of anxiety. First, that everyone experiences anxiety from time to time. Second, that there are different types and sources of anxiety:

- Biological/Chemical/Hormonal
- Historical/Family of Origin
- Situational (PTSD, Grief induced, Guilt induced)
- Spiritual

Qu: Why do you think it is important to understand the source or type of anxiety?

Anxiety is a type of fear. We can consider anxiety on three dimensions

- Natural anxiety
- Traumatic anxiety
- Instructional anxiety

Not all fear or anxiety is bad. There is a natural and protective type of anxiety. For example, being afraid when there is a potential danger present.

Traumatic anxiety comes from past events that were very difficult and left a mark on us emotionally. Sometimes we can be triggered even when there is no significant threat.

Qu: What do you think the best approach would be to help someone who has experienced trauma in their life?

Note: A traumatic event is an incident that causes physical, emotional, spiritual, or psychological harm. Examples: Being in a serious car accident, physical or emotional abuse.

Instructional Anxiety

Sometimes anxiety is the sign that God is allowing a functional saviour in our life to be exposed.

Qu: How would you define a functional saviour?

The things we turn to other than God often fit into one of these categories: Power, Control, Approval, & Comfort

Qu: How do you think we develop these false saviour and why are they hard to detect by ourselves?

RESPOND

Once we identify a false saviour in our life we need to **repent** and **rejoice** – and not just one time as we can easily drift back into our false saviours.

When my anxious thoughts multiply within me,
Your consolations delight my soul. Psalm 94:19
NASB

PRAY

- Pray for one another in any areas that surfaced during our Let's Talk series.
- Pray for one another to grow in experiencing the love of God.