

Lecture 10 – How to Deal with Anxiety

Outline

1. Jesus often said “Fear not” and “Be anxious for nothing” (Matt. 6:25-34, Luke 12:22-34, John 14:27, John 16:33)
 - A. He clearly knew what a problem anxiety is
 - B. “Anxiety attack” is a modern phrase used to describe the panic of extreme anxiety
2. Anxiety can be caused by a number of factors
 - A. Excessive change produces anxiety through a lack of permanence
 - B. Uncertainty about the future can also cause anxiety
3. Three types of anxiety
 - A. “Objective specific anxiety” is produced by something that is perceived as a threat (e.g., fear of failure in athletes); it could be a phobia
 - B. “Neurotic anxiety” is usually repressed and non-specific; some probing is necessary to determine its cause (very dramatic at times)
 - C. “Restlessness” is rooted in estrangement from God; we were created to be in fellowship with God—without this, we can not experience a sound mental outlook (1 John 4:18)
4. There are practical ways to deal with anxiety
 - A. Avoid “wallowing fellowship” (comparing our problems with those of others) – contagious
 - B. Avoid over-indulgence in introspection
 - C. Avoid a negative (i.e., “can not”) attitude (Phil. 4:8)
 - D. Put your focus on God; give your burdens to Him because only through His power can we triumph over anxiety (Matt. 11:28-30, 2 Cor. 12:9)

Notes

Scriptural References

Ps. 37:8
Prov. 12:25
Mark 4:18-19, Luke 8:14
Luke 10:41-42
Phil. 4:4-7
2 Tim. 1:7
1 Pet. 5:7