

Leading Through Anxiety

Biblical Framework

- Anxiety is a common human response since Genesis 3
 - Sin is a result of separation from God, and the effect is fear/anxiety
 - Sometimes it's a good thing – protection from harm
 - Our fear sometimes protects us from physical danger but is often rooted in a heart of distrust
- God has made us body and soul
 - If anxiety has reached constant debilitating panic, then we may need bodily help first
 - The soul is the control system, they affect one another
 - We change when our heart changes: Lasting, God-glorifying transformation goes through the heart

Practical Guide

- Listen well
 - For themes and relate to their suffering
 - Also for how they have responded
 - What lies have they believed?
- Listen to the body
 - Encourage taking care of their body
 - Doctor, exercise, eat well
 - Enjoy fun activities
- Help them run through their anxieties to God.
 - Let them drive you to God
 - Use Phil. 4 as a guide
 - Prayer, supplication, thanksgiving
 - Think on what is true
- Remember your place in the story - already and not yet - you will experience anxiety
- The key is walking with God in the journey, not being "fixed"

Remember

This doesn't make all our anxieties go away. As a rule of thumb, when anxiety (or any issue) gets more deeply rooted in our hearts, we do need more intense care. The deeper the roots, the more time and energy.

This is why we have pastors and counselors to help. Please reach out to us if you want to talk more about care for others, or yourself.

The opposite of anxiety is faith – loving our neighbors, engaging in the Kingdom mission to which God has called us! We become more like Jesus together, in community.

"To be a human being in the truest sense, therefore, means to love God above all, to trust him and obey him, to pray to him and to thank him. Since man's relatedness to God is his primary relationship, all of his life is to be lived coram Deo - as before the face of God."

Anthony Hoekma
Created in God's Image, 76
