



Life on Life

Anxiety

Workshop

# Biblical Foundations of Worry and Anxiety

## Genesis 3:6-10

At the most basic level, anxiety and fear comes from *breaking with* God's presence.

Anxiety: Doing life as our own functional god.

## Genesis 2:7

Mankind is both **body** and **soul**.

"In all his relations and acts, he [man] is never man-in-himself, but always man-in-relation, in relation to this history of God's deeds in creation, to this origin of an inalienable relation to his Creator."

- G. C. Berkouwer, Man: The Image of God, 59

# Practical Applications: Tools to help you lead yourself and others

1. Listen to the person.

2. Listen to the body.

3. Help them run through their anxieties to God

The antidote to anxiety is not some mental trick like, "Rehearse some Bible truth. Say this calming promise over and over to yourself. Remind yourself that you are a child of God; and your anxiety will disappear." God is after bigger game. You are his child, and he wants a relationship with you. He wants you to talk to him. He intends for your anxiety, your troubles, and your response to your troubles to drive you to him. He doesn't intend for us to artificially calm ourselves with truisms. God's peace comes to us as our relationship with him becomes deeper, more honest, and more intimate.

- David Powlison, *Overcoming Anxiety: Relief for Worried People*, 10

## Philippians 4:4-9 as a Guide

Prayer

Supplication

Thanksgiving

Peace

Truth

Your goal is not a bland, “no-worries” way of handling life. When you read a passage like Philippians 4:6 that says, “Do not be anxious about anything,” you might think that God is telling you to never become agitated or emotional. But in that same letter, a few chapters earlier, Paul talks about being intensely anxious for the welfare of those he loves (Philippians 2:25–28). In other letters, Paul speaks of his daily anxiety for the churches he started (2 Corinthians 11:28). So there is a right kind of anxiety that’s actually an expression of love and faith. You are not looking for an anxiety-free life, but for a life where you, minute-by-minute, cast all your cares on him who cares for you (1 Peter 5:7).

- Powlison, David. *Overcoming Anxiety: Relief for Worried People*, 15

# Helpful Resources

## Books

De Courcy, Philip. *Help! I'm Anxious*. Shepherd Press, 2018.

Fitzpatrick, Elise. *Overcoming Fear, Worry, and Anxiety: Becoming a Woman of Faith and Confidence*. Harvest House Publishers, 2001.

Flavel, John. *Triumphing Over Sinful Fear*. Reformation Heritage Books, 2011.

Powlison, David. *Overcoming Anxiety: Relief for Worried People*. New Growth Press, 2012.

Lane, Tim. *Living without Worry*. The Good Book Company, 2015.

Welch, Ed. *Blame It on the Brain: Distinguishing Chemical Imbalances, Brain Disorders, and Disobedience*. P&R Publishing, 1998.

## Devotionals

Tautges, Paul. *Anxiety: Knowing God's Peace (31-Day Devotionals for Life)*. P&R, 2019.

Welch, Ed. *A Small Book for the Anxious Heart*. New Growth Press, 2019.

## Audio Resources

Powlison, David. "Depression and Anxiety: How Can Churches Help?" Bethlehem Pastor's Conference, Jan. 25, 2018. <https://www.ccef.org/video/depression-anxiety-can-churches-help/>.

Welch, Ed. "Beautiful Words for Fearful People." <https://ibcd.org/beautiful-words-for-fearful-people/>.

## Websites for more

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

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