

Biblical Help for Anxiety

From Philippians 4:6-9

What does anxiety feel like / look like?

- Feeling worried, frequently nervous, or a sense of dread and apprehension
- Difficulty concentrating, focusing, or remembering important things
- Irritability or being chronically in a bad mood
- Physical symptoms such as headaches, pounding heart, dizziness, upset stomach, muscle tension, shaking, insomnia, or shortness of breath
- This is not an exhaustive list! Other symptoms are common.

Why do we struggle with anxiety?

- Physiological issues - such as hormonal imbalances, etc.
- Living in a broken world, and seeing the impact and potential impact of brokenness on the people and things that we love
- Sin - our own sin issues (pride; self-reliance; idolatry; etc) and other peoples' sin which impacts us

Philippians 4:4-9 (NIV) Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

- Be intentional to invest in your relationship with the Lord.
- Respond intentionally to hard emotions ("reasonableness") instead of reacting.
- Come to the Lord in every situation, every emotion, and give it to him.
- Remember God's promise is peace and nearness, not changing your situation.
- Replace unholy and unhelpful thoughts with God-honoring thoughts.
- Practice the things that you already know are true.