

Anxiety: Is It In You?

Relevant...YES!

- Everyone experiences anxious moments in everyday life
- Everyone experiences anxious moments throughout life.
- 12% of Canadians are diagnosed with an anxiety disorder. (A recent study showed nearly 50% of Ontario youth missed school due to anxiety related issues)

Helpful Learning Curves...

1. It's OK not to be OK, but it's not OK to stay that way.
 - Shame convinces us to keep it hidden
 - Complacency keeps us from addressing it
2. Anxiety really begins with the thought, not the feeling.

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.

Phillippians 4:6-7

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.

Philippians 4:8

- What we think about matters!

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing, and perfect will.

Romans 12:2

3. You can trust God or worry, but you can't do both.

When we worry, we are saying to God:

"I'm not sure I trust you."

"I don't think you really have it under control."

"I'm not so sure you know what you're doing."

Trust in the Lord with all your heart; do not depend on your own understanding.

Proverbs 3:5 (NLT)

Moving Forward...

1. Get the help you need
 - Medical / physical
 - Mental / emotional / spiritual
2. Keep connected
 - Avoid isolation
 - Have a support system
3. Live with gratitude
 - You cut down the time you spend in worry when you are focussed on all you have instead of all you fear.