


# THE ANXIOUS HEART

SESSION 2  Amy Wade

## Chicken Little: From an Acorn to the End of the World

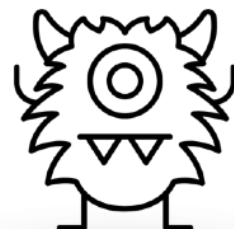
Anxiety - \_\_\_\_\_  
 \_\_\_\_\_

### 7 Answers for Anxiety (Dr. Gregory L. Jantz)

Answer #1: Don't feed the \_\_\_\_\_.

What feeds the anxiety \_\_\_\_\_?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

*The anxiety monster must be starved.*



**Whatever I feel MUST be TRUTH** vs. Jeremiah 17:9

The heart is deceitful above all things, and desperately sick; who can understand it? Jeremiah 17:9

Objectivity vs. Subjectivity

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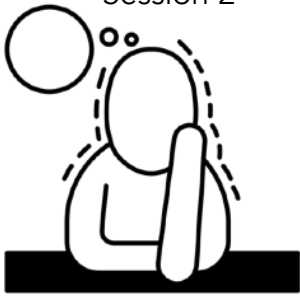


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Objectivity	Subjectivity
Determining what you do and do not know.	Reaching a definite conclusion based on very little evidence.
Looking outside of yourself to help evaluate the truth of a given situation.	Looks within to own thoughts and feelings for "truth."
Evaluates	Concludes
Asks questions like, "What are the odds?" and, "What do the facts tell me?"	Needs no further evidence than its own perception. "This is how I feel so it must be true."



# What If → If, Then What

My current fear: \_\_\_\_\_

What is the likelihood of it happening based on the facts?

If it were to happen, what could I do?



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## Steps to Take to Maintain Objectivity



Turn down the \_\_\_\_\_.

- Evaluate objectively, determine your If / Then What



Change the \_\_\_\_\_

- Psalm 34:28
- 1 Peter 5:7
- Start a Gratitude Channel
  - Write 3 things you are thankful for daily
  - Write 3-5 sentences about one positive experience daily
  - Write a Thank You note to someone

### Answer #2: Right size the \_\_\_\_\_.

Accept the small stuff.

Taking it personally.....or not.

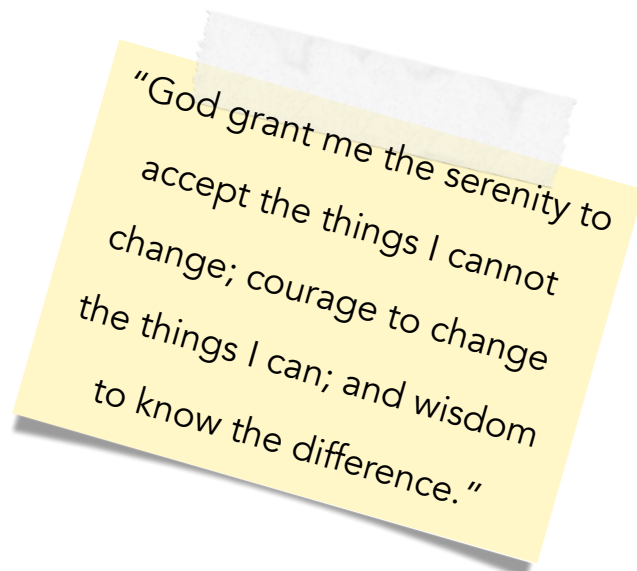
- Recognizing your lack of \_\_\_\_\_.
- \_\_\_\_\_ of the anxiety:

Line at the grocery store

Slowness of line

Cause to be late

Perfectionism?? Rude?? Too important to be late??



BEING anxious is a \_\_\_\_\_, STAYING \_\_\_\_\_ is a terrible way to \_\_\_\_\_.

What are you hoarding?



Turn down the volume:

Untwist your \_\_\_\_\_



Change the channel:

Matthew 6:34 Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

### Answer #3: Work at \_\_\_\_\_

At Ease	VS.	On Guard?	
I cannot relax?		I will not relax?	
I cannot relax unless safe.	BUT I never feel safe so	I am never safe.	<b>LIE!</b>



Being safe is \_\_\_\_\_, \_\_\_\_\_ safe is subjective.

### Consider Contentment

Philippians 4:11 - Not that I am speaking of being in need, for I have learned in whatever situation I am to be content.

2 Corinthians 22:23-28 - Are they servants of Christ? I am a better one--I am talking like a madman--with far greater labors, far more imprisonments, with countless beatings, and often near death. Five times I received at the hands of the Jews the forty lashes less one. Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked; a night and a day I was adrift at sea; on frequent journeys, in danger from rivers, danger from robbers, danger from my own people, danger from Gentiles, danger in the city, danger in the wilderness, danger at sea, danger from false brothers; in toil and hardship, through many a sleepless night, in hunger and thirst, often without food, in cold and exposure. And, apart from other things, there is the daily pressure on me of my anxiety for all the churches.

## Relaxation 101

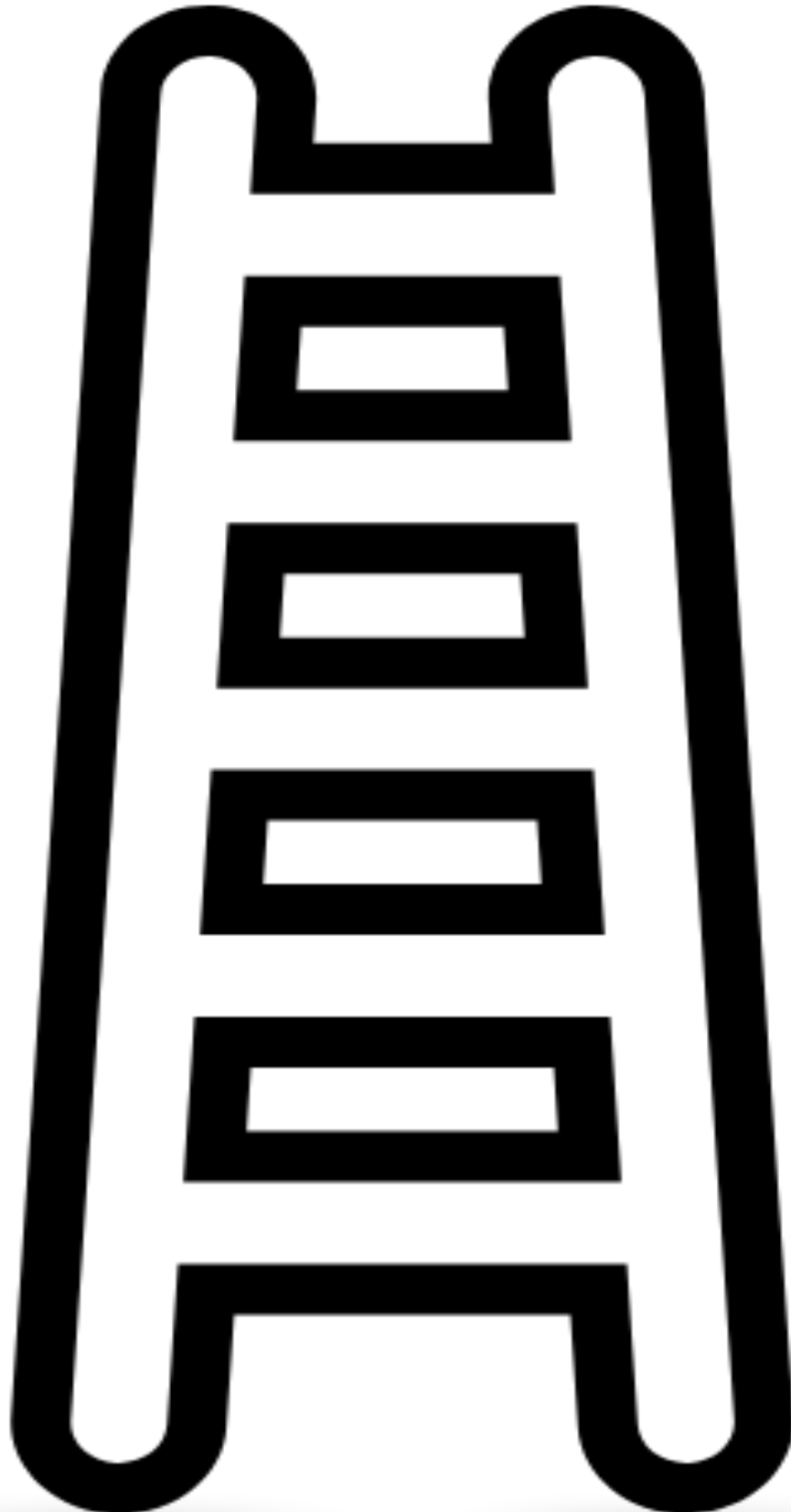
 Turn Down the Volume	 Change the Channel
<b>Controlled Four Square Breathing:</b> Inhale 4, Hold 4, Exhale 4, Pause 4. Repeat 10 times.	<b>Choose something small</b> and do for 1 minute (ex. pet the cat, drink tea)
<b>Rolling Relaxation:</b> Bottom to Top	<b>Find your happy place.</b> Take a mental getaway. (Beach, mountains, happy memory)
<b>Restful Sleep</b>	<b>Work out!</b>
<b>Life Unplugged:</b> Learn to enjoy quiet. Don't run away.	<b>Pray!</b> Read your Bible

**Answer #4: Take** \_\_\_\_\_

Philippians 4:19 - And my God will supply every need of yours according to his riches in glory in Christ Jesus.

2 Peter 1:3 - His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence,

# Desensitization Ladder





Conquering anxiety is NOT a \_\_\_\_\_ it is a \_\_\_\_\_.



Turn down the volume: Untwist the habit of predicting the \_\_\_\_\_.



Change the channel: Focus on the following Scriptures...

Psalm 37:23 - The steps of a man are established by the LORD, when he delights in his way;

Proverbs: 14:15 - The simple believes everything, but the prudent gives thought to his steps.

### Answer #5: Make \_\_\_\_\_ Choices



Anxiety \_\_\_\_\_ you up and then tears you down.



Fill the tank. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Answer #6: Write Your** \_\_\_\_\_

The Read Through: \_\_\_\_\_

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**Answer #7: Set Your** \_\_\_\_\_

Matthew 7:24-27 Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand.

Ephesians 4:14 - so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.

Philippians 4:6 - do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.



## A Short List of God's Promises

Isaiah 41:10

Isaiah 26:3

Jeremiah 29:11

Hebrews 10:36

Psalms 32:8

Psalms 37: 23-24

Isaiah 43:2

Deuteronomy 31:8

1 Thessalonians 5:24

1 Peter 5:10

Matthew 7:7

John 16:33

2 Peter 3:9

Deuteronomy 7:9

John 11:25-26

2 Corinthians 12:9-10

John 3:16