



Fearfully & Wonderfully

The role of mental health
in God's Kingdom

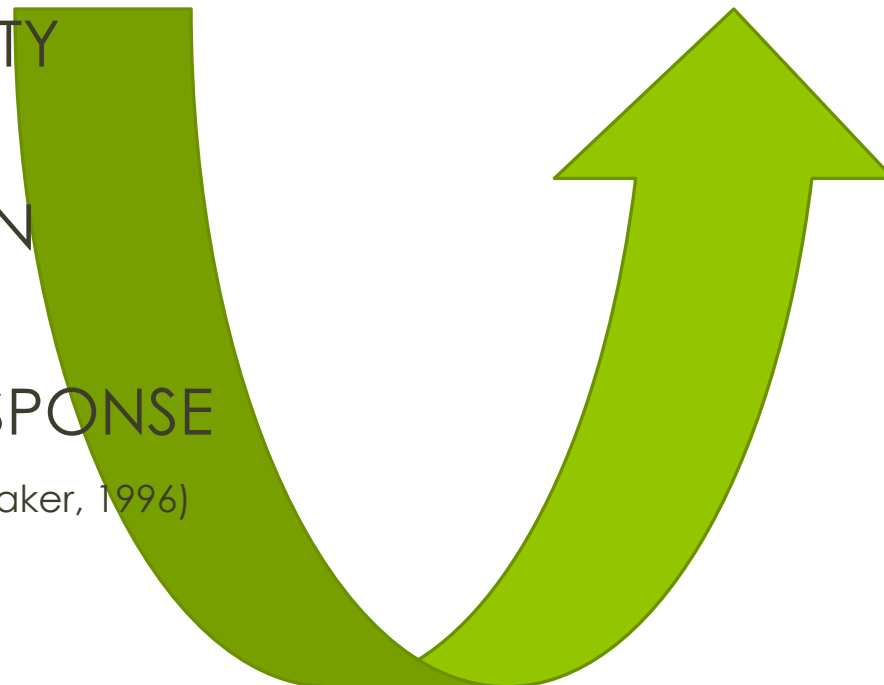
Anxiety

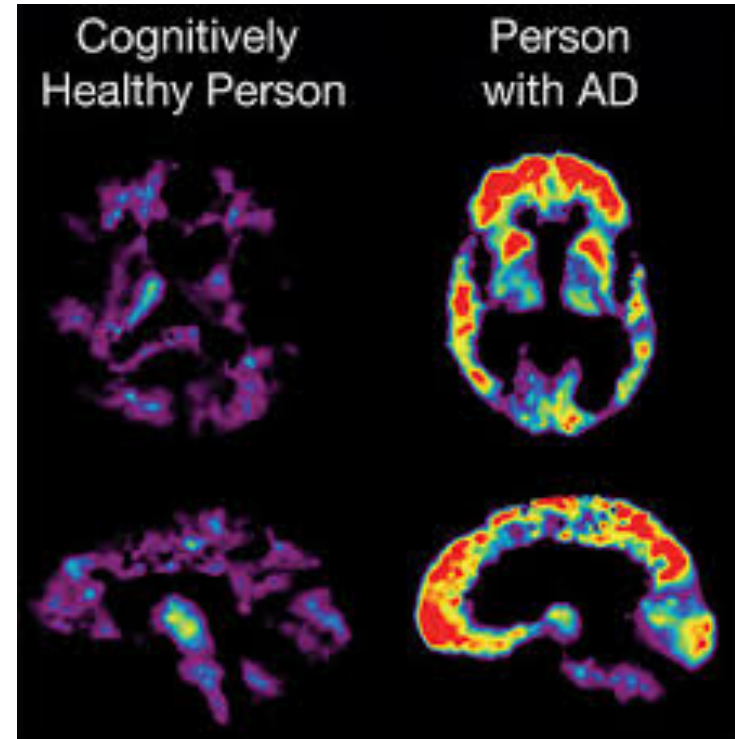
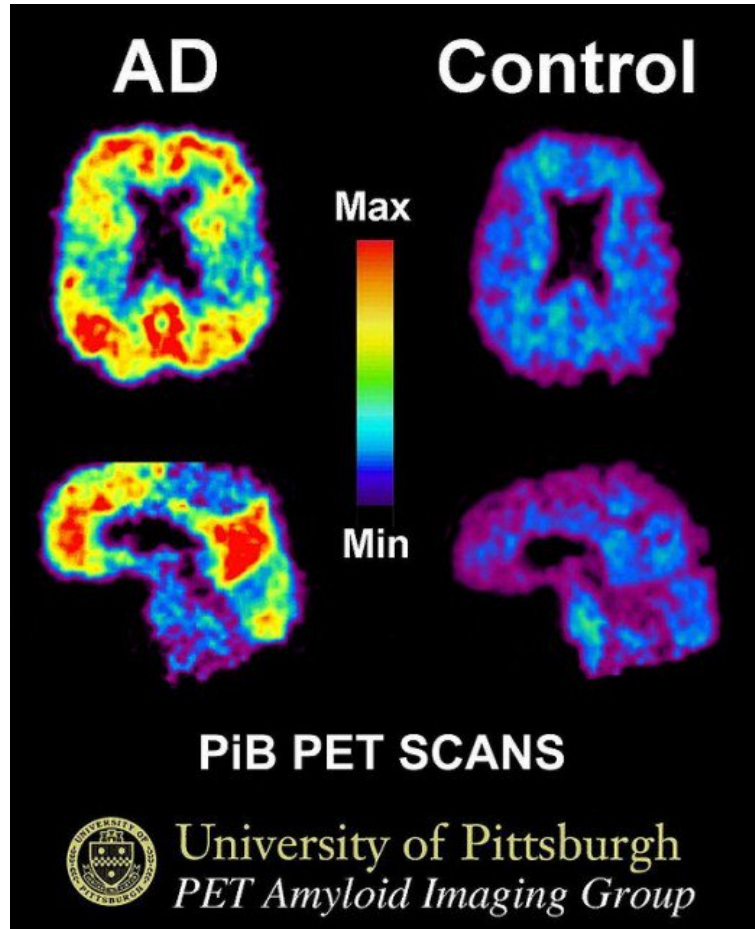
“. . .My anxious thoughts multiply within me”

-Psalms 94:19

ANXIETY IS :

- FEAR
- DREAD
- UNCERTAINTY
- AGGITATION
- HUMAN RESPONSE TO STRESS (Baker, 1996)
- LOSS OR LACK OF CONTROL
- INCREASED THREAT RESPONSE





What is it like to live with anxiety?

- Anxiety-Spoken Word

Types and Subtypes

- Generalized Anxiety Disorder (GAD)
- Specific Anxiety Disorder (SAD)
 - Social Anxiety
 - Phobias
- Post-Traumatic Stress Disorder (PTSD)
- Panic Disorder

- Obsessive Compulsive Disorder (OCD)
- Eating Disorders
 - Anorexia
 - Bulimia
 - Purging
 - Binging (Overeating)
 - Pica
 - Avoidant/Restrictive Food D/O
 - Orthoexia

Our Response

There is no mistaking what the Bible says about Anxiety

- John 4:18
- Philippians 4:6

...OR is there!

- I John 4:17 (cf 4:7-21)
- Philippians 4:6b (cf 4:6-9)

Our Perfect Example

Mark 14:32-42

Matthew 26:36-46

Luke 22:39-46

- **Seek out Refuge**
- Lk 22:39
 - Ps 46:1-3

- **Seek out Relationship**
- Mark 14:33
 - Ecc 4:9-10; Prv 17:17

- **Seek Solitude**
- Luke 22:41
 - Lam 3:25-28

- **Seek God's Will**
- Mark 14:36
 - I Pet 5:6-7; Prv 3:5-6

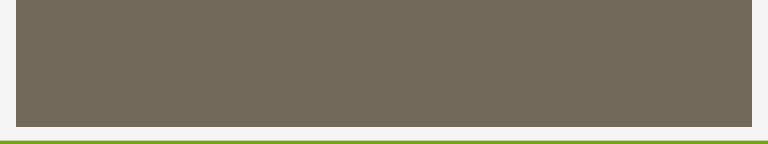


- **Pray, Pray, Pray**
- Matt 26:44
 - Is 30:18; Is 40:28

- **Get ready, Get Set**
- Mark 14:41
 - Col 3:1-3

- **GO!**
- Matt 26:46
 - Is 58:8-12 (esp 10)





The world can be an
overwhelming, scary place. . .

Isaiah 54:10

Romans 8:38-39

. . .But nothing can separate
us from the love of God!



Casting all your anxieties on Him
because

HE CARES FOR YOU!

The Anxiety Checklist (Gillihan, 2016)

Place a mark next to the statements that describe you.

CATEGORY A

- A certain situation or thing (for example, heights, blood, snakes, flying on an airplane) almost always causes me tremendous fear.
- If at all possible, I avoid the situation or thing I'm afraid of.
- When I can't avoid my feared situation or thing, I feel intensely uncomfortable.
- My fear is probably more intense than makes sense, given the actual danger.
- I've had this intense fear for at least several months.

CATEGORY B

- I've had more than one abrupt spell of intense fear.
- During these spells my heart raced or pounded, I was sweating, I felt nauseated, and/or I was shaking.
- During these spells I felt short of breath, had chills or hot flashes, felt light-headed, and/or felt separate from my body.
- I've worried about what these spells are and if I'll have more of them.
- I've tried to avoid anything that might trigger another spell of intense fear.

The Anxiety Checklist (Gillihan, 2016)

CATEGORY C

- I generally feel intense anxiety about using public transportation and/or being in open spaces like a parking lot.
- I generally feel intense anxiety when I'm in enclosed places (e.g., a movie theater), being in a crowd, waiting in line, and/or going out of the house alone.
- I worry that I might have a hard time escaping these situations if I had a panic attack or some other crisis.
- When I can, I avoid these situations, or try to get someone I trust to go with me.
- The fear I feel is probably greater than the actual danger in these situations.
- I've been afraid of these situations for at least several months.

CATEGORY D

- I feel very anxious in situations where I think I may be judged or criticized. Examples include public speaking, meeting new people, or eating in public.
- I'm afraid that I'll be publicly humiliated and/or rejected by others.
- I avoid social situations whenever I can.
- If I can't avoid a social situation, I feel intensely uncomfortable.
- My social fears are probably excessive in light of the actual threat.
- I've had intense anxiety about social settings for at least several months.

The Anxiety Checklist (Gillihan, 2016)

CATEGORY E

- I worry excessively about many things most days.
- It's hard to stop worrying once I start.
- When I'm worrying a lot I feel tense, irritable, restless, and/or easily fatigued.
- Worrying makes it harder to concentrate and/or disturbs my sleep.
- I've been a "worrier" for at least six months, and maybe most of my adult life.

Do your symptoms cluster in one or more specific categories? The categories are:

- A:** Specific Phobia
- B:** Panic Disorder
- C:** Agoraphobia
- D:** Social Anxiety Disorder
- E:** Generalized Anxiety Disorder