

Anxiety is the number one “mental health” issue in America. There are a variety of reasons, not the least of which is the self-centeredness of our culture. This malady is also observed in the Bible, and the Bible offers a drug-free solution to overcoming it. This seminar develops the whole man approach of mind, emotions, and actions to achieve the command, “Be anxious for nothing.”

Overcoming Anxiety Phil. 4:4-9, Matthew 6:25-34, I Peter 5:6-10

Introduction:

Anxiety is the number one mental health issue in America. Apparently, this malady has been a significant plague of man from Genesis three forward. Even a casual read through the Old Testament narratives will evidence this reality. Proverbs 3:5-6 exhorts believers to trust in the Lord with all their heart. A study of the word heart as used in this context includes the mind, the will, and the emotions.

Approach

Recognizing this biblical reality, this workshop will encourage the counselor to utilize the whole man in helping the counselee become more than an overcomer amid the myriad of anxiety-precipitous situations.

Threefold Strategy

The three texts for consideration yield the logical/rational, the emotional, and the will (behavioral implementation of trust).

Examination of the logic of Jesus Matthew 6:25-34

Examination of the emotional engagement of Peter I Peter 5:6-10

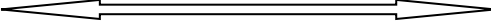
Examination of the willful implantation of biblical truth Philippians 4:4-9

- Praise and how to do it 4:4
- Prohibit anxiety and how to do it 4:6
- Pray and how to do it 4:6-7
- Possess your mind and how to do it 4:8
- Practice and how to do it 4:9
- Profiting from the product 4:7, 9

Counselee handout on the following page. Print it on half sheet. Walk counselee through process and give the sheet to help them put it into practice.

A Biblical Methodology to Quell Anxiety

Philippians 4:4-9

1. Praise the Lord— [Lord is the most important word in this sentence]
 - a. Make a list of five attributes of the Lord's character.
 - b. Write out in sentence form how He relates to your problem by each of these attributes
2. Prohibit your anxiety (v. 6) [When engaging in 1 and 2, this becomes easier]
 - a. Simply decide to stop worrying. God commanded it and promised to enable you to do what He commanded.
3. Pray with Thanksgiving v.6
 - a. Draw a line with an arrow on each end.

 - b. To the left, list several times/ways in which God has met your needs before and thank Him for those.
 - c. Then, on the right, list those things in which you need Him to aid you at this time and thank Him that He has promised to and will do so
4. Possess your mind v.8 [Additional resource for accomplishing # 2]
 - a. List out the categories in verse 8 and then develop 3 to 5 practical ways in which you can think of each one
 - b. List these on a 3x5 card and carry it with you for quick reference when you still have a problem worrying after engaging the above steps.
5. Practice these steps repeatedly and regularly v. 9
Like the Apostle Paul on the doomed ship in Acts 27
6. Product or Result: Peace (see verses 7 and 9)
 - a. While God is already with us, practicing these things will generate an awareness of his presence. You will begin to experience peace amid your anxiety-producing circumstances that will be beyond your ability to explain (...that transcends all understanding)
 - b. And here is the affirmation that the God of peace will be with you. He not only gives you peace beyond understanding, but He will also be with you; that is, you will be aware of his presence (after all, the Holy Spirit lives in you—the seal of your redemption).