

Date:

Podcast Worksheet
Anxiety: What It is and What You Can Do About It

Scriptural Text:

Isaiah 26:3; Philippians 4:6-7; 1 Peter 5:7

Main Points:

1. Anxiety affects our mind, body, heart, brain, and spirit.
2. Chest pains can accompany anxiety, mimicking a heart attack.
3. Along with anxiety comes the inability to think clearly.
4. Anxiety comes largely because we have circumstances in our life that we can't control, circumstances we believe will bring serious consequences.
5. Trauma survivors usually need to work with a Christian therapist, trained in the techniques that heal trauma memories.
6. Anxiety does not go away on its own. The underlying issues must be addressed and healed or resolved.
7. Taking the Healing Journey class is a good option for those suffering with anxiety because it helps participants work through spiritual and mental issues that are contributing.
8. Understanding and accepting the true character of God, that he is loving, involved, and present with us, helps with both the physical and mental anguish.
9. Separating from God leads to fear, a major contributor to anxiety.
10. Taking control of our thoughts is imperative. Worrying ahead of time about a possible painful event, or inventing future disasters, makes everything worse in our mind, body, and spirit.
11. Writing out affirmations of truth and Scripture can help fight against our mental terrorists.
12. Practicing breath control, drinking water, and checking in with our five senses are techniques that might help when we are feeling triggered with a panic attack.

Questions:

1. If you have had episodes of anxiety, describe what events or scenarios have contributed.

2. Describe the role God has had in your anxiety. Have you been close to him or separated?

3. What tools can you use, or steps can you take to bring resolution to your anxiety?

Prayer of Response:

Lord God, please help me move past my fear and anxiety. I know I need to choose to trust you in a greater way, that you are my source of healing and peace. Please lead my steps and help me make the needed changes to heal my anxiety. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____
