

# OVERCOMING ANXIETY

## Finding Peace, Discovering God

### Handling Anxiety Attacks

#### Session #8

##### Interesting Worry Facts Slide #2

\_\_\_\_\_ is worry with a greater emphasis on the past while fear is worry with greater emphasis on the future.

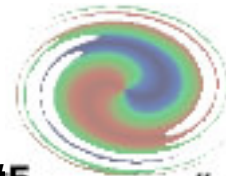
No such thing as \_\_\_\_\_.

Worry strips away our \_\_\_\_\_ and \_\_\_\_\_.

God \_\_\_\_\_ to restore our faith and confidence in His love.

Not everyone wants to stop worrying! #1

#2 Worry always ruins a person's life!



#3 Worry stems from ones heart not from outside pressures!

#5

Worry can be overcome by God's grace always!

#4

Most 'cures' for worry only cover up the real problems!

Are you looking for a patch or a cure?

##### Understanding Anxiety Attacks Slide #3

###### • Their Characteristics

Extreme worries are those that begin to affect your regular routine of life such as: your sleep, eating and activities.

Panic disorders are characterized by at least \_\_\_\_\_ out of \_\_\_\_\_ somatic (physical) and cognitive (mind) symptoms.



###### • Their Causes

- ▶ Phobic (fear) sensitization
- ▶ Prolonged stress
- ▶ Anxious or obsessive patterns of thinking
- ▶ Poor breathing habits, whether rooted in anxiety or other causes

Circle all words in the 4 causes associated with anxiety, stress and fear.

###### • Their Solution

If these items are the acknowledged causes of such extreme anxiety, then what kind of solution would you look for?

**Anxiety + Fear = Anxiety Disorder**



Releasing God's Life-Changing Truth to a New Generation

Slide #1

Biblical Foundations for Freedom

[www.foundationsforfreedom.net](http://www.foundationsforfreedom.net)

[seminar@foundationsforfreedom.net](mailto:seminar@foundationsforfreedom.net)

Jesus said in John 8:31-32 says,  
"If you abide in My word, then you are truly disciples of Mine; and you shall know the truth, and the truth shall make you free."  
(NASB used unless noted)

## Trusting in God Slide #4

Our worries are tied to our \_\_\_\_\_.  
Our unbelief is associated with our

\_\_\_\_\_ and our \_\_\_\_\_ to trust God.

### We need to repent from our unbelief.

This action deals with the rebellion in our hearts and cares for the forgiveness of our guilt from our disobedience.

### We need to develop a deeper trust in God.

Three levels of trust {

- => Trust in God
- => Trust in self
- => Trust in nothing

How are we going to get rid of these worries and fears?



Unbelief, distrust and doubt in God are reasons for our worries and fears.

## Fulfilled and Secure Slide #5

The first level describe those who trust God.

Man was made to trust and rely on God. Man rebelled and began to rely on himself and those things that God had provided.

Through faith in Christ's work on the cross and resurrection:

- 1) Our guilt is wiped away: *God is* \_\_\_\_\_.
- 2) A new heart is given to us: *We desire to* \_\_\_\_\_ *and obey Him.*



**Level #1**  
**Trusting God**

**"And He (the LORD) shall be the stability of your times, A wealth of salvation, wisdom, and knowledge; The fear of the LORD is his treasure" (Isaiah 33:6).**

**"He will dwell on the heights; His refuge will be the impregnable rock; his bread will be given him; his water will be sure" (Isaiah 33:16).**

**Secure. Peaceful. Confident. Fulfilled.**

God delights in helping His children. God is both powerful and caring enough to help us in our need. Our faith is strengthened as we see Him provide.


**Result:** We boast about how the Lord is caring for our needs.

Keep close to the Lord. Obey Him completely. Delight in Him.

## Threatened but Self-Confident Slide #6

These people use \_\_\_\_\_ all the time and yet they are not able to trust God. Their unwillingness and doubts block out His love and power.

"And the \_\_\_\_\_ is passing away, and also its lusts..." 1 John 2:17



**Level #2**  
**Trusting self**

This second group seeks fulfillment for their needs in everything but God. They trust in their own resources. They are calm only as long as everything goes okay. They are situation dependent. But all these will fail ....

**"And the world is passing away, and also its lusts..." 1 John 2:17**

What is so dangerous about this stage is that it is survivable ... at least for a while.

Repent from self-reliance. Realize needs are not really satisfied.

## Fearful and Lack Confidence Slide #7

The extreme worrier is worrying about their \_\_\_\_\_.

They not only lack a \_\_\_\_\_ but worry that there is none. They have lost their confidence in being able to cope. Their preoccupation of their perceived 'impossible' situation is so great that they begin to believe the worse will occur. When the worry takes on threats then it is called fear.

We all take \_\_\_\_\_ for granted. But what would happen, if we started to question its availability or even our ability to breathe it? We would start to panic.



These people are very insecure and unstable. They cannot stay in this place for long. They have three options:

- 1) Give into despair: suicide
- 2) Give into deceit: false hope
- 3) Turn to help from God: deliverance

"As a result, we are no longer to be children, tossed here and there by waves, and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming..." Ephesians 4:14



"The spirit of a man can endure his sickness, But a broken spirit who can bear?" (Proverbs 18:14)

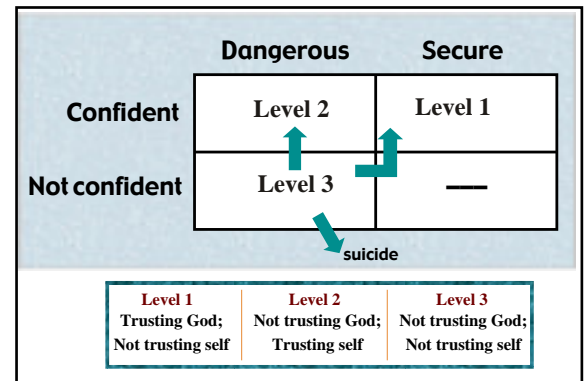
Turn to God.  
Read His Word.  
He cares for you.

## Kinds of Trust: Summary Slide #8

The more \_\_\_\_\_, the less worry. However, we see another important category: danger or secure. One can trust in the wrong thing. This will produce temporary help but in the long run be as dangerous

The arrows focus on the \_\_\_\_\_ responses of the Level 3 panicky person. This is always a temporary stage. People cannot live in hopelessness.

- 1) They can return to false hopes in Level 2;
  - 2) Leave life through suicide or death, or
  - 3) Go to level 1 where the Lord helps them.
- Do not undermine the importance of sharing the gospel with people.



## Developing Trust Slide #9

Let's note a six things from this passage in Isaiah 31.

- 1) We face \_\_\_\_\_ in life that we need help with.
- 2) Danger (woe) accompanies those who trust other things than God to help them.
- 3) We typically look for help in those things that seem powerful and have strength (eg. Horses and chariots).
- 4) Those things that we trust are of men; God will cause them to fail us.
- 5) God is calling His people who rely on things other than Himself as defectors.
- 6) God is calling His people back to Himself.

### Developing Trust

#### THE TEST OF RELIANCE

What do we see?



We tend to miss seeing the Lord and relying upon Him.



1 Woe to those who go down to Egypt for help, And rely on horses, And trust in chariots because they are many, And in horsemen because they are very strong, But they do not look to the Holy One of Israel, nor seek the LORD!

2 Yet He also is wise and will bring disaster, And does not retract His words, But will arise against the house of evildoers, And against the help of the workers of iniquity.

3 Now the Egyptians are men, and not God, And their horses are flesh and not spirit;...

6 Return to Him from whom you have deeply defected, O sons of Israel. (Isaiah 31:1-3,6).

We ought to return to Him. Why didn't they return to God? Isn't God more powerful? Wiser? More lovely?

## Trust Comes From Love Slide #10

What happens is that our \_\_\_\_\_ and \_\_\_\_\_ shields out God's wonderful love and provision. I encourage each one of us, whether we are panicky or not, to humble ourselves and note how much self-reliance and pride might exist in our lives. Can you sense that God wants to show His love to you? We need a new revelation of God's love to break down our hardness and pride.



**“Therefore the LORD longs to be gracious to you, And therefore He waits on high to have compassion on you. For the LORD is a God of justice; How blessed are all those who long for Him.”**  
(Isaiah 30:18)

This is all true

The key issue is to trust God's constant love and repent from the sin that holds back a greater display of it.

- The issue is not whether God loves me.
- The issue is not whether God loves me only a little.
- The issue is not whether God loves me sometimes.
- The issue is not whether God loves me everywhere.

## Declaring the Truth Slide #11

**1# (15-16)**  
Declare the truth of God

What truths are said about God?


**2# (17-19)**  
Detect the truth of our situation

What did Hezekiah say about his situation?

**3# (20)**  
Admit the truth of our needs

What did he say about his own needs?

**Isaiah 37:15-20**

<p><b>1# (15-16)</b> <u>Declare the truth of God</u></p> <p>“And Hezekiah prayed to the LORD saying, “O LORD of hosts, the God of Israel, who art enthroned [above] the cherubim, Thou art the God, Thou alone, of all the kingdoms of the earth. Thou hast made heaven and earth.””</p> 	<p><b>2# (17-19)</b> <u>Detect the truth of our situation</u></p> <p>“Incline Thine ear, O LORD, and hear; open Thine eyes, O LORD, and see; and listen to all the words of Sennacherib, who sent [them] to reproach the living God. Truly, O LORD, the kings of Assyria have devastated all the countries and their lands, and have cast their gods into the fire, for they were not gods but the work of men's hands, wood and stone. So they have destroyed them.”</p>	<p><b>3# (20)</b> <u>Admit the truth of our needs</u></p> <p>“And now, O LORD our God, deliver us from His hand that all the kingdoms of the earth may know that Thou alone, LORD, art God.”</p>
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The truth of God destroys the base of our sin as well as restores our confidence in His person. We need His perspective (true perspective) to break through.

When Hezekiah was desperate, he spread that letter of troubles out before the Lord and prayed. He rejected temptation, and cast his anxieties upon God.

## Touching Our Lives Slide #12

### Principles

- What principles were strongly impressed on me today?

### Applications

- What clear decisions, plans, confessions, etc. do I need to make because of what God spoke to me during this session?

### Testimony

- What one or two special lessons, stories, illustrations, warnings, can I share with others that might encourage their faith?

**God of  
Peace**