

LOVEFIRST

FINDING AN ANCHOR IN OUR ANXIETY – PART 2

Oct 15, 2017 • Pastor Gregg Matte • Psalm 34:1–4 (p. 360 in HCSB provided)

Anxiety is a psychological and physiological state of arousal caused by the brain's interpretation of a stimulus as a threat. (It can also be spiritual and rooted in unbelief.)

- Types of Anxiety: 1) Chemical 2) Reactive 3) Traumatic

▶ **Trust _____ you.**

- The silence of God is true in _____ but not in fact. Walk bigger in your faith. *1 Samuel 21:10–15*
- Realize deep questions lead to _____.
 - _____ your heart to Him. *Psalm 62:8; Lamentations 2:19*
 - _____ the feelings, sit with them. *Ephesians 6:16*
 - _____: Journal thoughts (not a diary), listen to music, sing, pray...

▶ _____ **lives and renews minds. How?**

- Develop new habits
 - Lifestyle _____: schedule, food, exercise and rest, sleep, caffeine...
 - _____ and friendship *Proverbs 12:25*
 - Processing (_____ work) *Psalm 23, 34:4, 42:5, 62:8; Proverbs 12:25; Matthew 6:33–34, 2 Corinthians 4:8–9; Philippians 4:6–7; Hebrews 13:6; 1 Peter 5:5–7; Revelation 21:4*

RECOMMENDED RESOURCES

BOOKS

The Anxiety Cure by Archibald Hart
Praying God's Word by Beth Moore
Telling Yourself the Truth by William Backus
Changes that Heal by Henry Cloud and John Townsend

COUNSELING CENTER

The Julianna Poor Memorial Counseling Center offers individual and group therapy for people struggling with anxiety. These services are provided for a fee, and fee reductions based on financial hardship are available.