



HANDOUTS FOR OVERCOMING ANXIETY

Finding Peace, Discovering God

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Recognizing Responsibility - Handout #3

With two feet on the Bridge of Hope, we are well on the way to peace. Remember our first main steps will have to do more with understanding and combating anxiety. We will need to leave these worries behind in order to get ahead. Much like a racer wants no impediments in his running, so we need to put off our worries.

“When my anxious thoughts multiply within me, Thy consolations delight my soul.” (Psalm 94:19)

Catching Up!

What do these symbols represent? (Review sessions #1-2)

		1. Inverted curve
		2. The valley

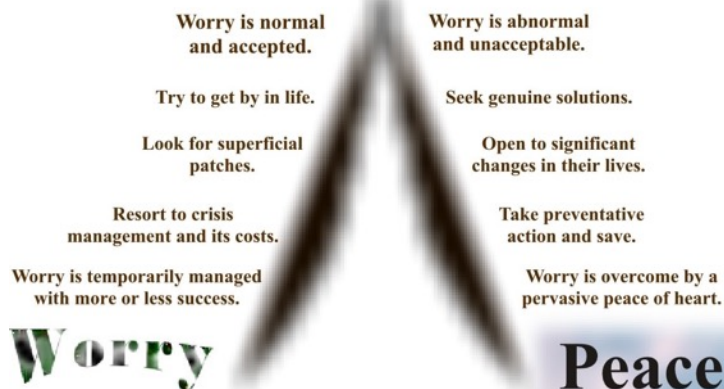
Session #1 gives us _____ that we can overcome worries. Session#2 described why _____.

Our Choice

Note the two prior assumptions at the top and how they lead to two very different paths. Worry or peace is a life choice. They are a result of many assumptions and decisions. I agree that many are not even aware that there is a choice.

The choice of _____ is part of the _____ of the Gospel of Jesus Christ.

Our Choice



Personal Inventory

Let's observe three problems.

1) Unbelief

Unbelief is seen whenever we are not willing to go by the

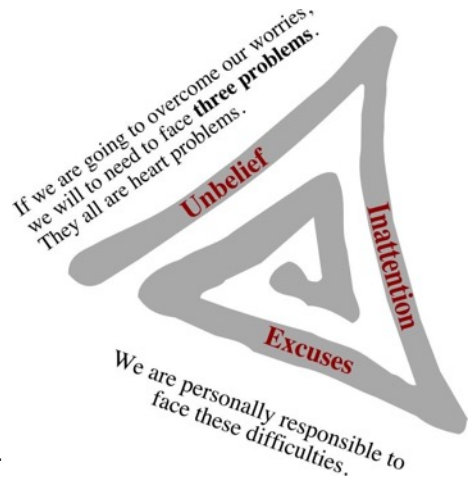
_____ that God has given us.

2) Excuses

Excuses are the way we avoid _____ accountability for our own responsibilities.

3) Inattention

Inattention is when we do not _____ what is important and essential.



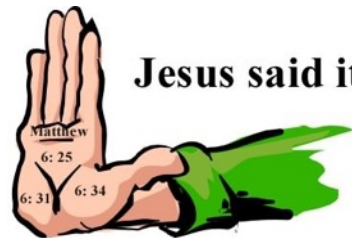
First Problem: Unbelief

Jesus during the Sermon on the Mount said _____ times, "Do not be anxious." When we understand the impact of Jesus' words, we are greatly humbled.



"For this reason I say to you, do not be anxious for your life, ..." (Matthew 6:25).

"Do not be anxious..."



"Do not be anxious then, saying, 'What shall we eat?' or 'What shall we drink?' or 'With what shall we clothe ourselves?' (Matthew 6:31)

"Therefore do not be anxious for tomorrow; for tomorrow will care for itself. [Each] day has enough trouble of its own." (Matthew 6:34)

Worry is primarily a heart problem rather than a situational problem. The clear proof of this is the way Jesus holds us accountable for our anxiety. We usually cannot change our circumstances, but we can change our response to what happens around us.

Two kinds of responses:

1) Ignore Jesus' words

2) Obey Jesus' words

Second Problem: Excuses

We like excuses.

They keep us from being wrong. By blaming anyone or anything other than ourselves, we no longer think we are responsible for our worries. They are someone else's fault. As a result of this, our resolve to live above worries is beyond our reach.

Here are three common excuses for not dealing with our anxieties. Are they true with you?

- My circumstances are different.

Let's clarify the confusion between Worry & Concern	
— Worry distracts us.	+ Concern focuses us.
— Worry disables planning.	+ Concern helps us plan.
— Worry blurs our vision.	+ Concern clarifies our purpose.
— Worry tends to give up.	+ Concern perseveres.
— Worry exaggerates.	+ Concern pinpoints problems.
— Worry focuses on self.	+ Concern cares for others.

- My background is different.
- Worry can be helpful.

Third Problem: Inattention

Jesus says there are three things that can and will choke out the effectiveness of the Word of God.

* Worries of the world

What worries of the world trouble your heart? War?
Economy problems?

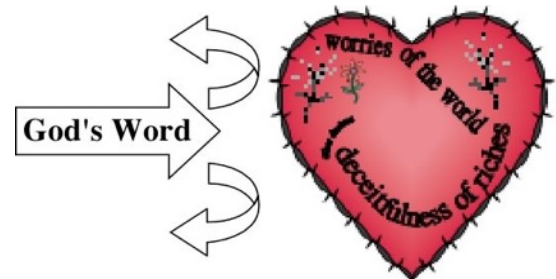
* Deceitfulness of riches

Do you believe that if you had more money that your life would be less stressful and more happy?

* Desires for other things

Do you think that having certain things would make life better?

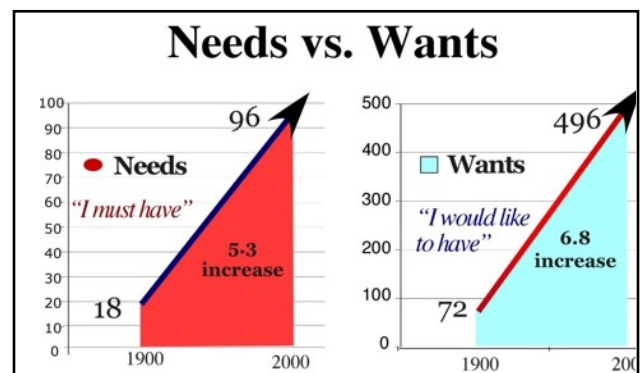
"And others are the ones on whom seed was sown among the thorns; these are the ones who have heard the word, and the worries of the world, and the deceitfulness of riches, and the desires for other things enter in and choke the word, and it becomes unfruitful" (Mark 4:18-19).



Needs Versus Wants

The 'worries of this world' have infiltrated our lives. For example, this chart shows that our basic wants and needs have greatly increased in just 100 years. The things we might worry about have far outstretched the mere food, drink and clothing that Jesus spoke about.

"At the beginning of this century, the average American had 72 wants and considered 18 of them important. By the end of the century, the average American had 496 wants and considered 96 of them as genuine necessities for happiness." (Miller)



The number of our perceived _____ and _____ are directly correlated to the number of the worries in the world. How would a simple line graph reflect this trend in worries?

Finding Genuine Solutions

Heart

The heart is that source of all our affections. Insecurities are born and rooted in the heart. They are called idols because they demand dependence and attention that should only be given to God our Provider. (Mark 12:33)

Spirit

The spirit is where we communicate with God. Most people call anxiety disorders anything but a spiritual problem. However, we have seen how restoration of our trust in God is possible and necessary to truly gain God's peace. (I Corinthians 2:10-15)

Mind

The mind is the control center for our thoughts. The evil one tries to gain control of our thought process by tempting us and blinding us to certain facts. (Romans 12:2)



Getting Practical

We have a choice on how to handle our anxious thoughts. These thoughts are not worry in and of themselves. This step on how we handle anxious thoughts is crucial. We will either respond with worry or trust. Trust will defeat these anxious thoughts every time! By worrying we allow these anxious thoughts to plague our hearts and minds.

•Faith is _____.

Because of the love and grace of Christ Jesus, even if we have worried we have a way out of our mess.

Fishing for Funds

Unless we step into our daily activities, we will gain confidence in knowledge but still lack experience. Jesus showed us how to trust God for His needs and desires. Here is a sudden need.

For example, what if you owed some taxes and the collector came up to you, but you didn't have the money? Would you worry? Would you fret? Would you deceive the person? Jesus knew God had the solution. Check out Matthew 17:21-27!

Pressing need - _____

Monetary - _____

Empty pockets - _____

Jesus' example

Jesus needed to pay a tax.
Jesus was not expecting a pay check.
Jesus did not save money for the tax.
The tax collector was asking Peter, Jesus' disciple, money for both Jesus and his own personal tax.
Jesus was busy doing what God wanted Him to do.
He had confidence that His Father would take care of this need.
Jesus sent Peter, the former fisherman, to get the tax money from a fish's mouth.
Peter got the coin as Jesus said.
The tax was paid.
We all learn a lesson that we need not worry when we are busy doing our Heavenly Father's will.

Following the footsteps of Jesus

Touching Our Lives

- **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, etc. can I share with others that might encourage their faith?

OA Handout Answers #03

honest on how our
1. Inverted curve represents the bridge or
journey to peace.
2/ The valley stands for the 5 historical
stages of worry.
Session #1 gives us **confidence**
described why **we worry**
go by the clear directions
The choice of **peace** is part of the **Gospel**
go by the **clear** directions
avoid **personal** accountability
do not **prioritize** what
Mount said **3** times,
our perceived **needs** and **wants** are
directly
Faith is **trust**
Pressing need - **needed it now**
Monetary - **wanted cash**
Empty pockets - **just didn't have it**