



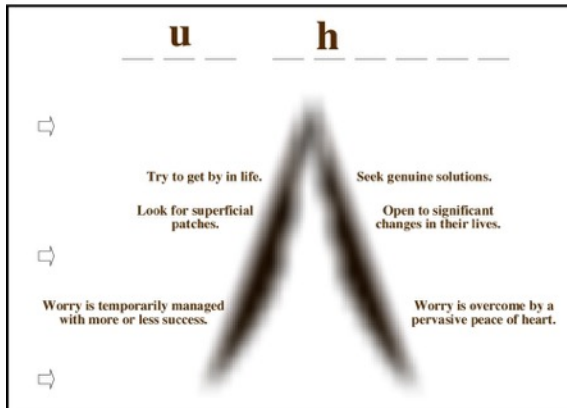
HANDOUTS FOR OVERCOMING ANXIETY

Finding Peace, Discovering God

By Paul J. Bucknell

Discovering Anxiety Patterns - Handout #4

Review Sessions #2-3



_____ lead to different results. Worry does not come or leave by accident.

We need to change the way we _____.

•By God's grace and forgiveness in Christ, we can change our assumptions and decisions and obtain God's peace.

Web of Worries

Many of us feel caught in a web of worries. We don't know how to escape. We are like a victim stuck and waiting to be eaten.



Always _____ to get _____ a web than _____ of one!

- What happens when I feel overwhelmed by anxiety?
- How are anxious thoughts different from anxiety?
- Why can't I think clearly when I am worried?
- Why can't I just shake these worries?

Discovering Patterns of Anxiety

Today take another step up the bridge of hope which will help us discern the difference between anxiety and anxious thoughts.

Discerning the connection between

_____ and _____.



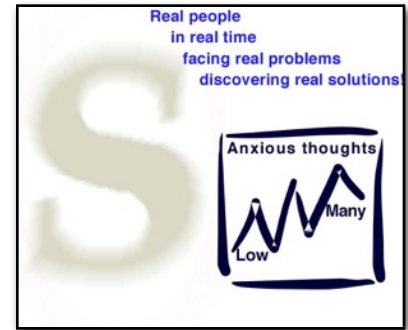
"When my anxious thoughts multiply within me, Thy consolations delight my soul."

Anxious Thoughts

In this particular case we find a _____ who had just noticed a storm of anxious thoughts swirling through his mind.

Many have these anxious thoughts but few are able to detect them earlier enough so that they can be effectively dealt with.

Scriptures help us come to our senses partly because they deal with real people in real time facing real problems. There are no easy outs, but there are real solutions.



Patterns Repeat

This writer has met this experience in the past. He said "**When** my anxious thoughts multiply within me." The '**when**' speaks of a pattern. A history. This has happened before.

→ **When** my anxious thoughts multiply within me, Thy consolations delight my soul.

The more we are aware of the _____ in our minds, the more we can begin to observe these patterns. We can actually understand what happens inside us to some degree.

Let's look at the number patterns a moment. Can any of you detect the next two number of each row?

It is imperative that we keep a journal of our anxious thoughts through the day. In this way we will begin to observe our patterns of thinking.

Personalize it!

- Will you make a commitment to journal your worrisome thoughts for at least a month's time?

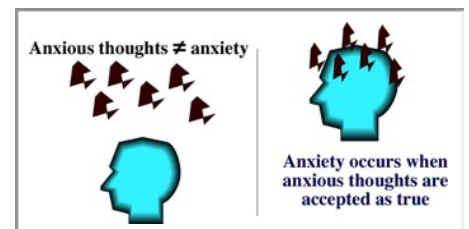
- Write today's date when you make this commitment: _____

1,4,9,16, ?
0,3,8,15, ?

Seeking Penetration

Anxious thoughts are not _____. However, all anxious thoughts lead to worry if not effectively dealt with.

Anxious thoughts are _____. They are seeds for doubt. Once accepted, they become sin. Anxious thoughts are like little airplanes trying to land in the fields of our minds (see diagram).



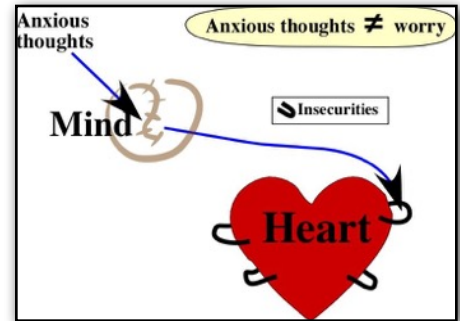
Snagged!

Anxious thoughts are easy to deal with compared to an anxious heart.

Anxious thoughts are looking for _____ in our hearts to hook onto. If discovered, they grab hold of our hearts.

“Watch over your heart with all diligence, For from it flow the springs of life” (Proverbs 4:23).

Like parasites they attach themselves to our heart, stealing our energy and growing. Our heart becomes anxious when anxious thoughts become part of it.



Influenced

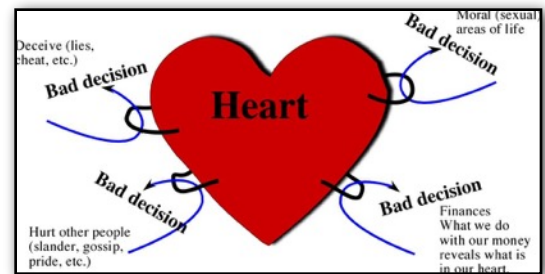
Each worry will trouble us until we have made certain decisions to alleviate its concern. These decisions that

accommodate our anxiety are _____ bad.

One might not see the effect of these bad decisions right away, but they pile up and soon one finds himself devastated because of the number of his worries.

The only good decision is to cast our anxieties upon the

Lord because He _____ .



On Temptation's Mount

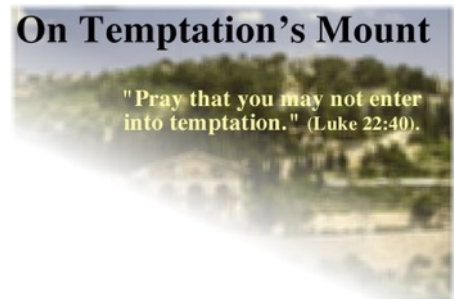
Many anxious thoughts crossed Jesus' mind at different points in His ministry. How do we know? The scriptures tell us this. However, this does not mean He sinned. Jesus was 'without sin' (Hebrews 4:15). He refused to accept those anxious thoughts.

Unlike _____, Jesus always chose to trust God.

At the beginning of Jesus' ministry, Satan whispered clever words to have Him doubt God's Words. So now we find him facing His life's most crucial decision on the Mount of Olives 'stressed and troubled' (Mark 14:33).

Although Jesus was very troubled, He didn't worry. What evidence is there of this?

- _____ not confusion (Luke 22:42)
- Troubled not despairing (Mark 14:34)
- _____ not worrying (Mark 14:35)
- Obeying not _____ (Luke 22:42)
- _____ not self-oriented (Luke 22:46)



- We can be overwhelmed in our soul, but this does not mean we have failed to trust God. How we respond from there makes the difference.
- Jesus can fully identify with our serious cases of anxious thoughts. He desires to work with us and bring us into delivery.

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 #04

Our choice
Our choices lead to different
change the way we make
decisions

Always easier to get into a
web than out of one!

connection between anxiety
and anxious thoughts

find a wise king

aware of the thoughts

Anxious thoughts are not
anxiety

Anxious thoughts are
temptation

looking for insecurities in our
hearts

anxiety are always bad
Lord because He cares for us

Unlike the first Adam

- Clarity not confusion
- Praying not worrying
- Obeying not disobeying
- Caring not self-oriented