



Handling Anxiety Attacks - Handout #8

Worry facts

- Self-pity is worry with a greater emphasis on the past while fear is worry with greater emphasis on the future.
- No such thing as good worry.
- Worry strips away our faith and love.
- God sent Christ to restore our faith and confidence in His love.
- Are you looking for a patch or a cure?



Understanding Anxiety Attacks

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 4 out of 13 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

Their Solution

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

Take away the _____! But the world doesn't know how to do this.



$$\text{Anxiety} + \text{Fear} = \text{Anxiety Disorder}$$

Trusting in God

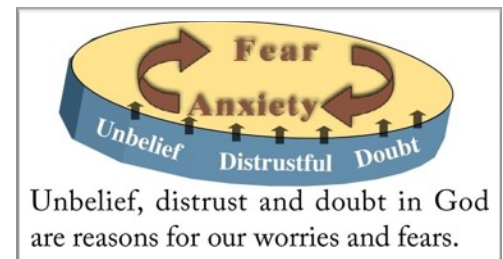
How are we going to get rid of these worries and fears?

- Our worries are tied to our _____.
- Our unbelief is associated with our unwillingness and inability 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. There are three levels of trust

- => Trust in _____
- => Trust in self
- => Trust in nothing



Fulfilled and Secure

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.

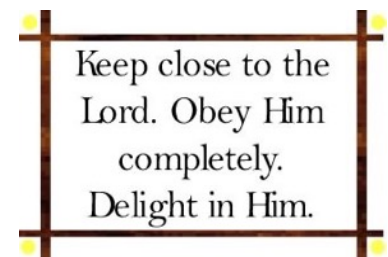
Through faith in Christ's work on the cross and resurrection:

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

Level #1 Trusting Him

"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.

Threatened but Self-confident

They use God's resources 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

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

Fearful and Lack Confidence

This third group is very _____ and _____. The extreme worrier worries about their worries.

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.



Level #3 Trust in nothing

“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).

They cannot stay in this place for long. They have three options:

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

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

Kinds of Trust: Summary

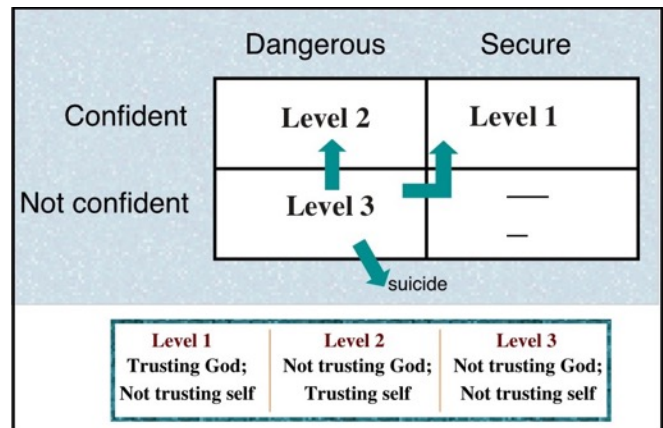
The more _____, the less worry. However, we see another important category: danger or secure. One can trust in the wrong thing. This will produce temporary help but in the long bring danger.

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

Options

- 1) Return to false hopes in Level 2.
- 2) Leave life through suicide or death.
- 3) Go to level 1 where the Lord helps them.

Do not undermine the importance of sharing the gospel with people.



Developing Trust

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

"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).

THE TEST OF RELIANCE



- 1) We face problems 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.

We tend to miss _____ and _____ on the Lord.

- We ought to return to Him. Why didn't they return to God? Isn't God more powerful, wiser and more lovely?
- Have you returned to the Lord?

Trust Comes From Love

What happens is that our doubt and unbelief shields out God's wonderful love and provision.

Whether we are panicky or not, we ought to humble ourselves and note how much self-reliance and pride exists 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)



Of most importance

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 _____.
- The issue is not whether God loves me _____.

- The issue is not whether God loves me _____.

Declaring the Truth

1# Declare the truth of God (Isaiah 37: 15-16)

“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.”“

- What truths are said about God?

2# Detect the truth of our situation (Isaiah 37: 17-19)

“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.”



- What did Hezekiah say about his situation?

3# Admit the truth of our needs (Isaiah 37: 20)

“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.”

- What did he say about his own needs?

Observation

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



- **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?

