

What Makes Us Anxious? And Is It Wrong?

What makes us anxious, worried, and afraid? Why do some people get more anxious than others? Is there normal and healthy anxiety? Is anxiety a sin? What does the Bible teach us about anxiety?

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- I. Don't be anxious

- II. Is worry a sin?

- III. How do we deal with anxiety?

- IV. What makes you anxious?
 - A. Healthy anxiety

 - B. Unhealthy anxiety

 - C. Irrational fears

 - D. Genes, temperament, childhood and life experience

 - E. Brain sensitivity - amygdala

- V. Biblical wisdom
 - A. 1 Thess 5:14 Encourage, help, be patient
 - B. 1 Kings 19:3 Elijah's fear
 - C. Matt 14:30 Peter's fear
 - D. Hebrews 5:7 Jesus' fear
 - E. Prov 1:7 Fear God... don't be afraid
 - F. Jer 17:7-10 Planted in the right place

- VI. More extreme anxiety
 - A. Panic attacks
 - B. Phobias
 - C. Generalised Anxiety Disorder
 - D. Obsessive Compulsive Disorder
 - E. Post-Traumatic Stress Disorder

- VII. Common Grace Wisdom
 - A. Diet
 - B. Exercise
 - C. Nature and music
 - D. Relaxation and breathing exercises
 - E. Rest and recreation
 - F. News fast
 - G. Learn to say "no" to overload
 - H. Gratitude
 - I. Medical exam to rule out physical cause

Suggested Readings:

When Life Goes Dark: Finding Hope in the midst of Depression Chapter 8 on Anxiety, Richard Winter, IVP 2012

Running Scared: Fear, Worry and the God of Rest. Ed Welch, New Growth Press, 2007