

Anxiety: As Your Worldview

(Taking a distorted lens and determining the state of your thoughts and emotions)

Definition of anxiety: uncomfortable mental/emotional state about the state of things in the future. Apprehension, tension, uneasiness that stems from anticipation of danger or a lack of well-being. A feeling of worry, nervousness or unease; typically about an imminent event or something with an uncertain outcome. Intense, excessive and persistent worry and fear about everyday situations.

Definition of worry: to give way to anxiety or unease. To allow ones' mind to dwell on difficulty/troubles.

Definition of panic: Sudden, uncontrollable fear or anxiety which often causes wild, unthinking behavior.

Definition of Fear: An unpleasant emotion caused by the belief that someone or something is dangerous—likely to cause pain—or a threat.

Symptoms of anxiety:

- Restlessness/feeling wound up/on edge
- Easily fatigued
- Difficulty concentrating
- Irritable
- Muscle tension
- Difficulty controlling worry/thought life
- Sleep problems
- Chest pain/issues with breathing
- When it becomes frequent—it can disrupt daily activity and become debilitating
- Changes the way you relate with people
- Changes the way you order your day
- Changes to eating habits
- Chronic pain
- Headaches
- Hyperventilation
- Increased heart rate

Anxiety and fear feel similar—anxiety is a reaction to our emotions versus fear—which is a response to a danger in our environment. Fear is a survival emotion designed to make us flee from danger. Anxiety is often a wrong response/wrong interpretation to our emotions.

How we define ourselves helps determine what we give preeminence. (If we define ourselves as sexual beings—we will give high value to our desires—determining our activities and what desires we operate from. If we define ourselves by our mind/intellect—we will become subject to habitual mind patterns, negative self talk, and negative/wrong conclusions drawn from a one time event). If we begin to define ourselves by the emotions we are experiencing, rather than learning how to read and rightly interpret those emotions, we are vulnerable to a short-sighted view of the world—due to a growing anxiety.

Steps to Freedom

- Become aware. There is conscious thought and unconscious thought. Habitual thinking can bypass conscious thought—and fuel the emotions that are trying to operate and interpret your state of being. (Pay attention to symptoms you are experiencing in your body and soul).
- Change perspective. Problem orientation feeds fear/anxiety
 - I John 4:16-19 (must know and believe you are loved—rather than focusing on being fear free)
- Identify thoughts and conclusions you have drawn and see whether they agree with the Word of God. Interrogate patterns of thinking to uncover the lie. (What are you tempted to believe?)
- Take away authority
 - Isaiah 41:10-15—I am with you—do not be anxious—I am involved with what concerns you (read all)
 - Matthew 6:27—which of you by being anxious/ Matthew 6:34
 - Jeremiah 29:11-12—anticipate a future outcome that is under the Lord's authority
- Inquire of the Lord. Ask for the Holy Spirit to instruct you.
- Confess your place of weakness/confusion/dread/ or vulnerability
- What we rehearse sustains its ability to reproduce.
 - Psalm 94:19—When my anxious thoughts multiply within me, Thy consolations delight my soul.
 - Phil 4:8-9
- Opportunity to develop trust
 - Psalm 121:1-2
 - Psalm 22:9
 - Psalm 127:2—my ways are insufficient
- Antidote: Thanksgiving
 - Phil 4:6