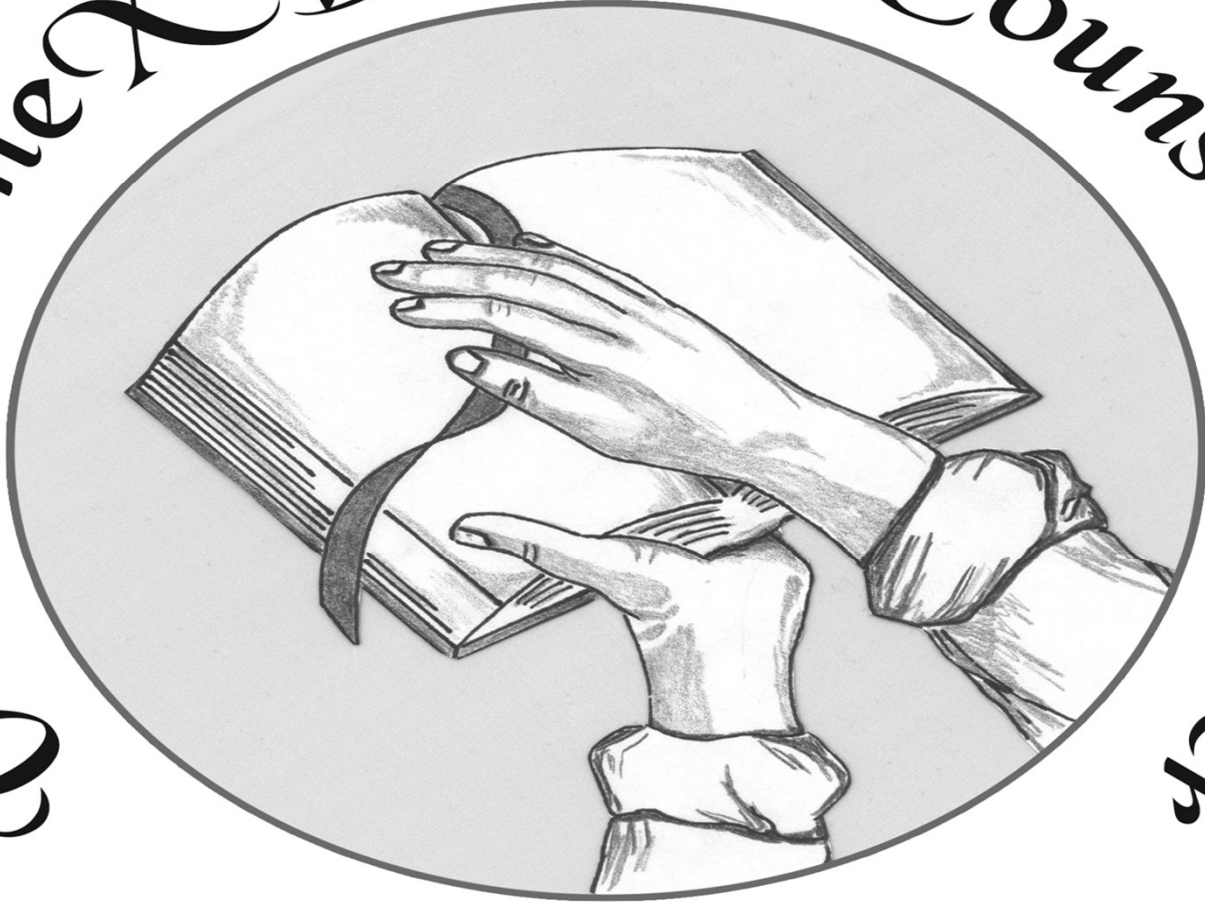
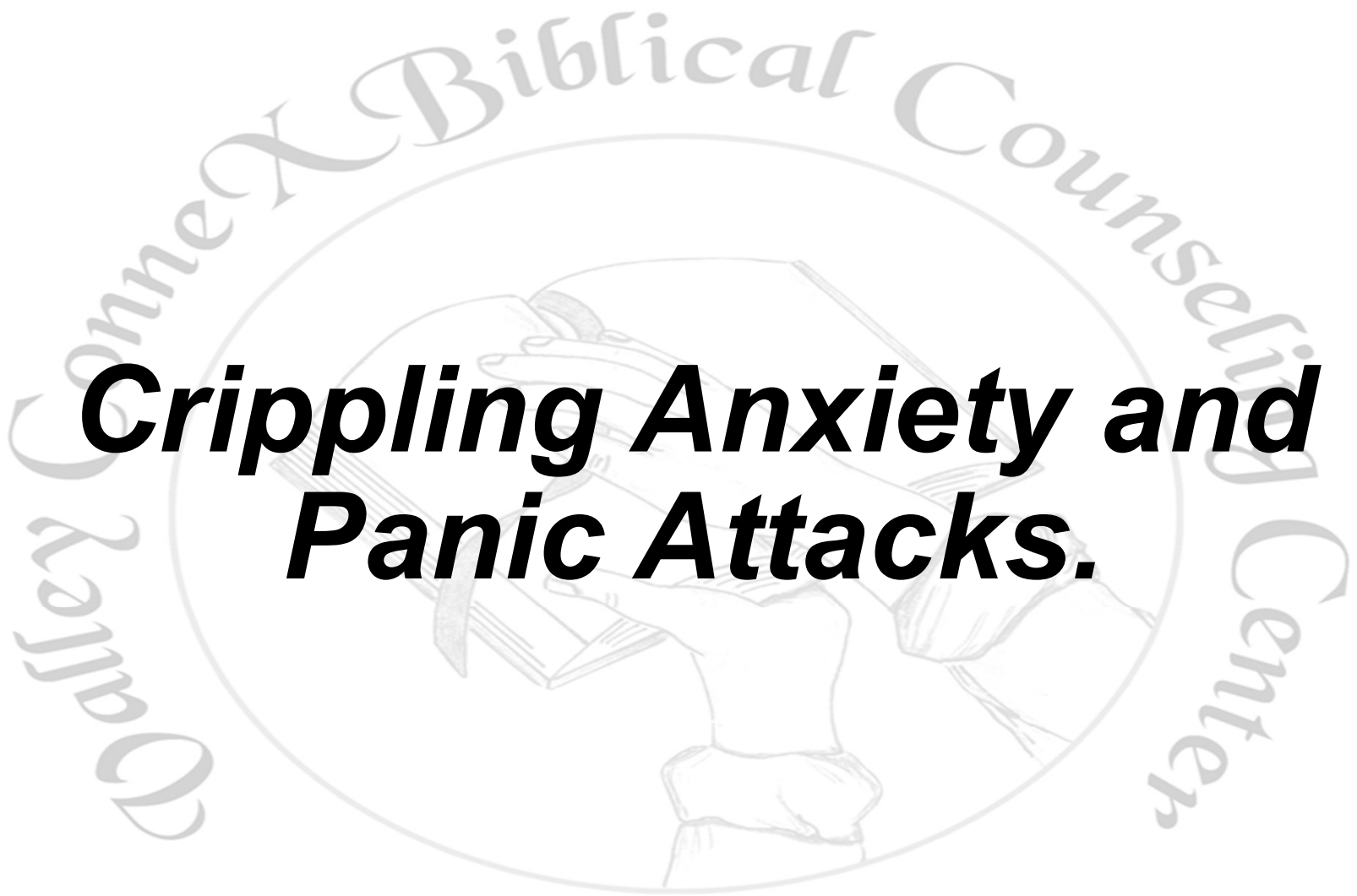


Valley Connect Biblical Counseling Center





***Crippling Anxiety and
Panic Attacks.***

Definition and some starting points.

Anxiety is the sinful distortion of the appropriate care and concern we should have for ourselves, the people around us and our world.

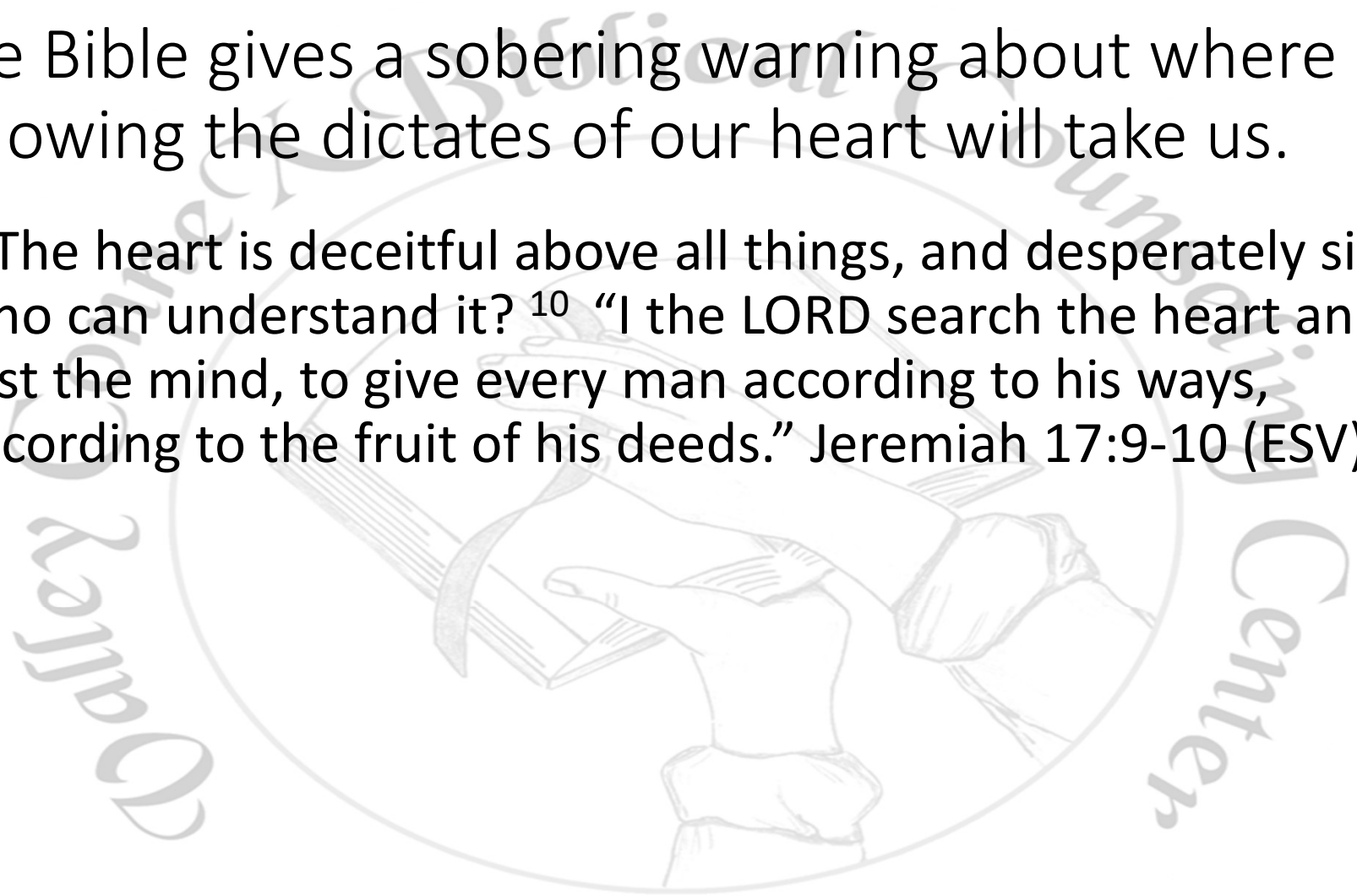
Anxiety becomes debilitating when we choose to think and act based on our anxieties.

Anxiety constructs a future in which we are defeated and hopeless.

Crippling anxiety and panic attacks are flashing red lights that reveal a sinful reaction to life.

The Bible gives a sobering warning about where following the dictates of our heart will take us.

- ⁹ The heart is deceitful above all things, and desperately sick; who can understand it? ¹⁰ “I the LORD search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds.” Jeremiah 17:9-10 (ESV)



Anxiety can be a result of the judgment of God brought about by persistent sinful behavior.

- Deuteronomy 28:64-68

- ⁶⁵ And among these nations you shall find no respite, and there shall be no resting place for the sole of your foot, but the LORD will give you there a trembling heart and failing eyes and a languishing soul. ⁶⁶ Your life shall hang in doubt before you. Night and day you shall be in dread and have no assurance of your life. ⁶⁷ In the morning you shall say, 'If only it were evening!' and at evening you shall say, 'If only it were morning!' because of the dread that your heart shall feel, and the sights that your eyes shall see. Deuteronomy 28:65-67 (ESV)

We are not a slave to anxiety and have power over it.

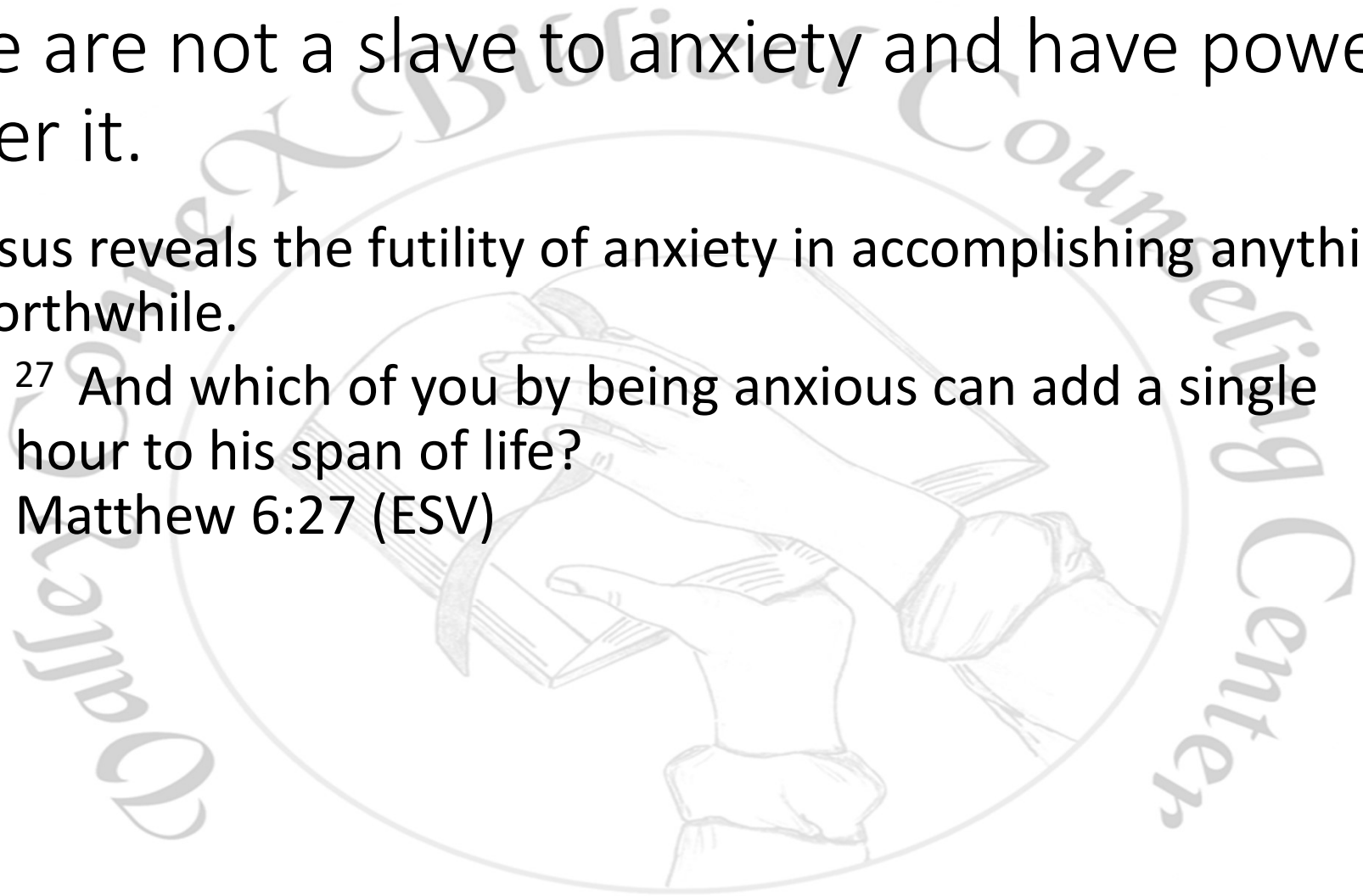
- ²⁵ “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?
Matthew 6:25 (ESV)
 - μὴ μεριμνᾶτε The Greek construction here is a prohibition. In other words, don't even start. The teaching of Jesus on anxiety is a prohibition to react with anxiety, thus giving us the revelation that anxiety is something over which we have power.

We are not a slave to anxiety and have power over it.

- Jesus presents the teaching that is carried throughout the scripture that anxiety is tied to a lack of trust in God.
 - ³⁰ But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Matthew 6:30 (ESV)

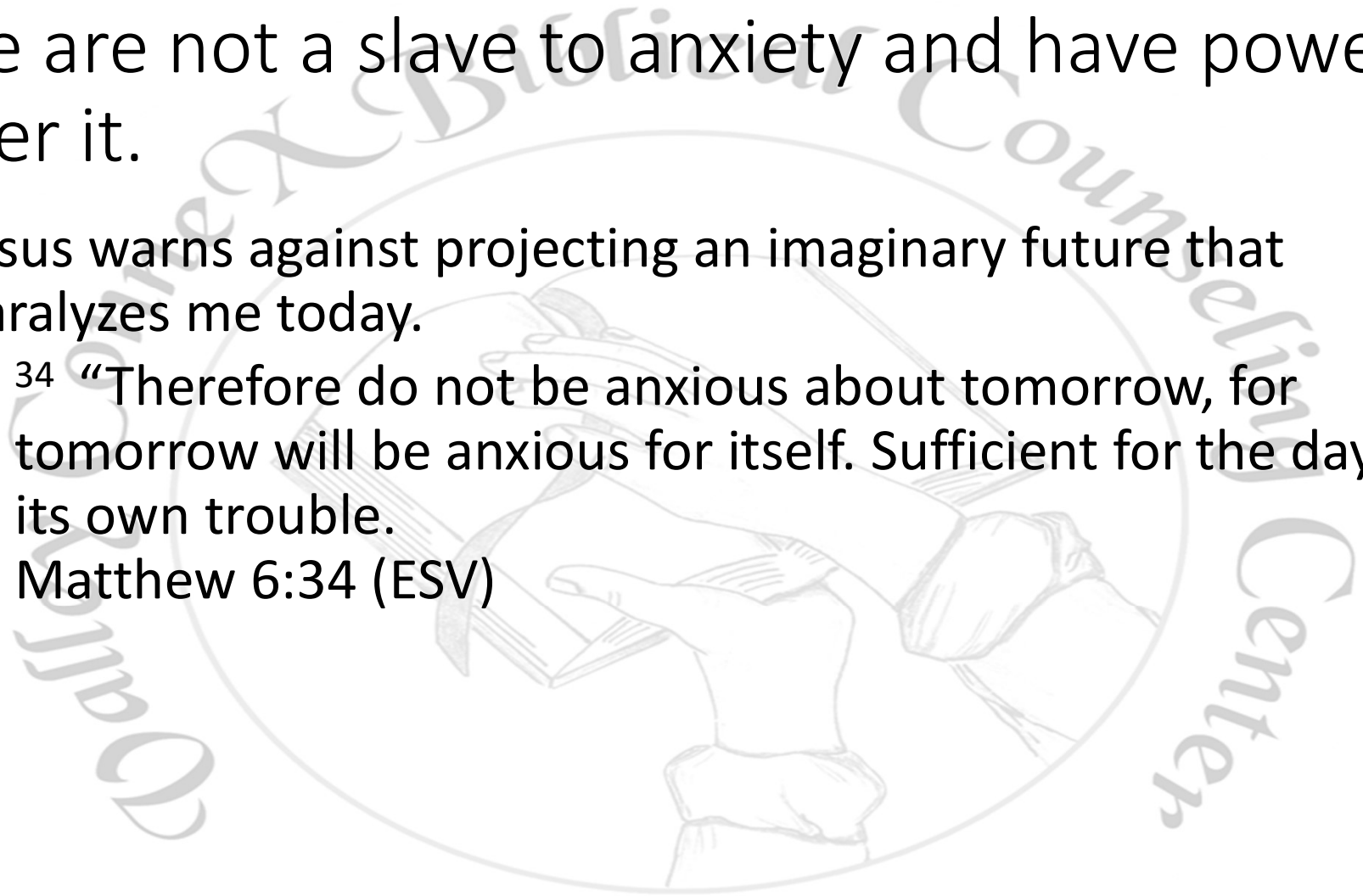
We are not a slave to anxiety and have power over it.

- Jesus reveals the futility of anxiety in accomplishing anything worthwhile.
 - ²⁷ And which of you by being anxious can add a single hour to his span of life?
Matthew 6:27 (ESV)



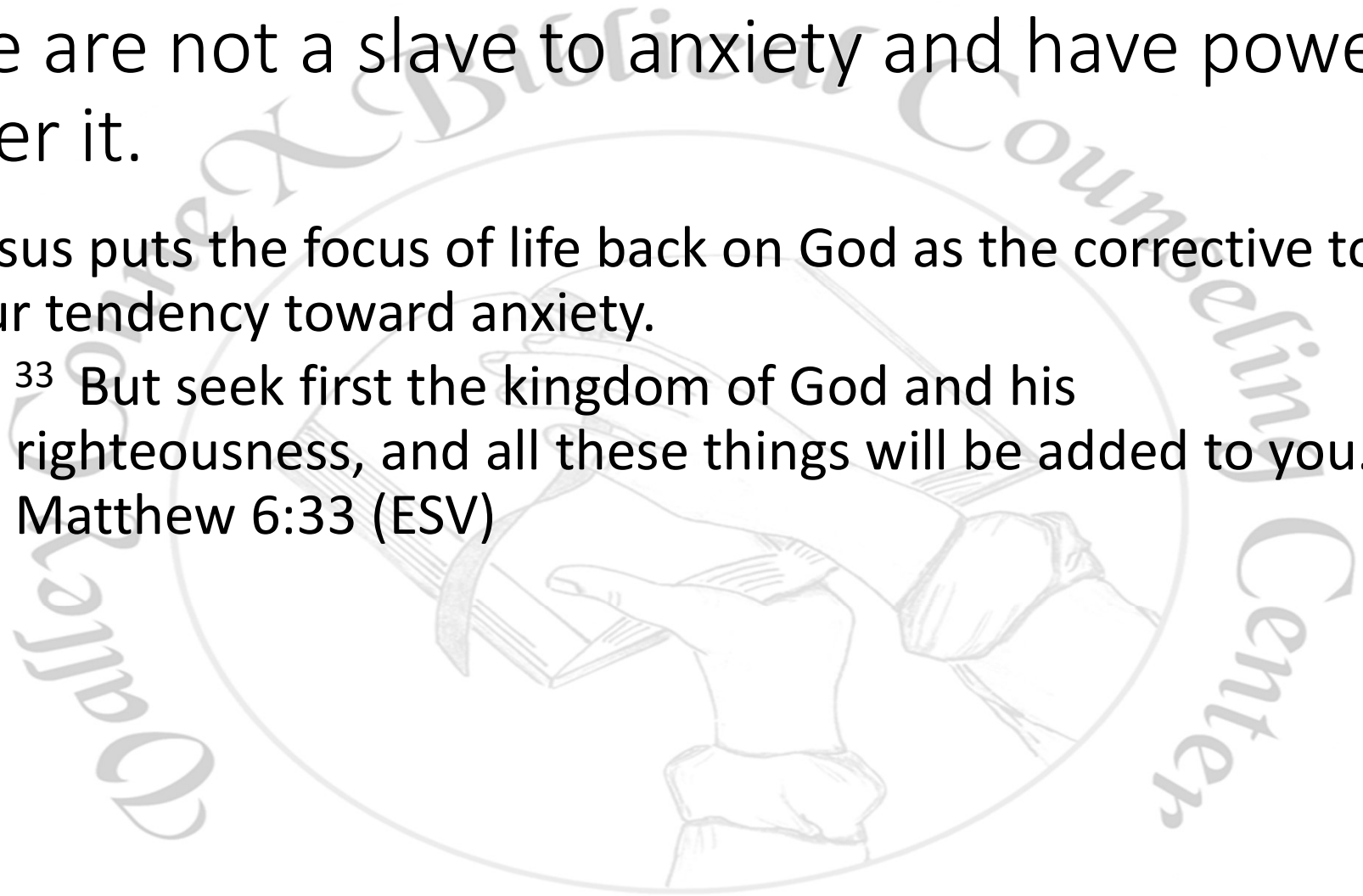
We are not a slave to anxiety and have power over it.

- Jesus warns against projecting an imaginary future that paralyzes me today.
 - ³⁴ “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.
Matthew 6:34 (ESV)



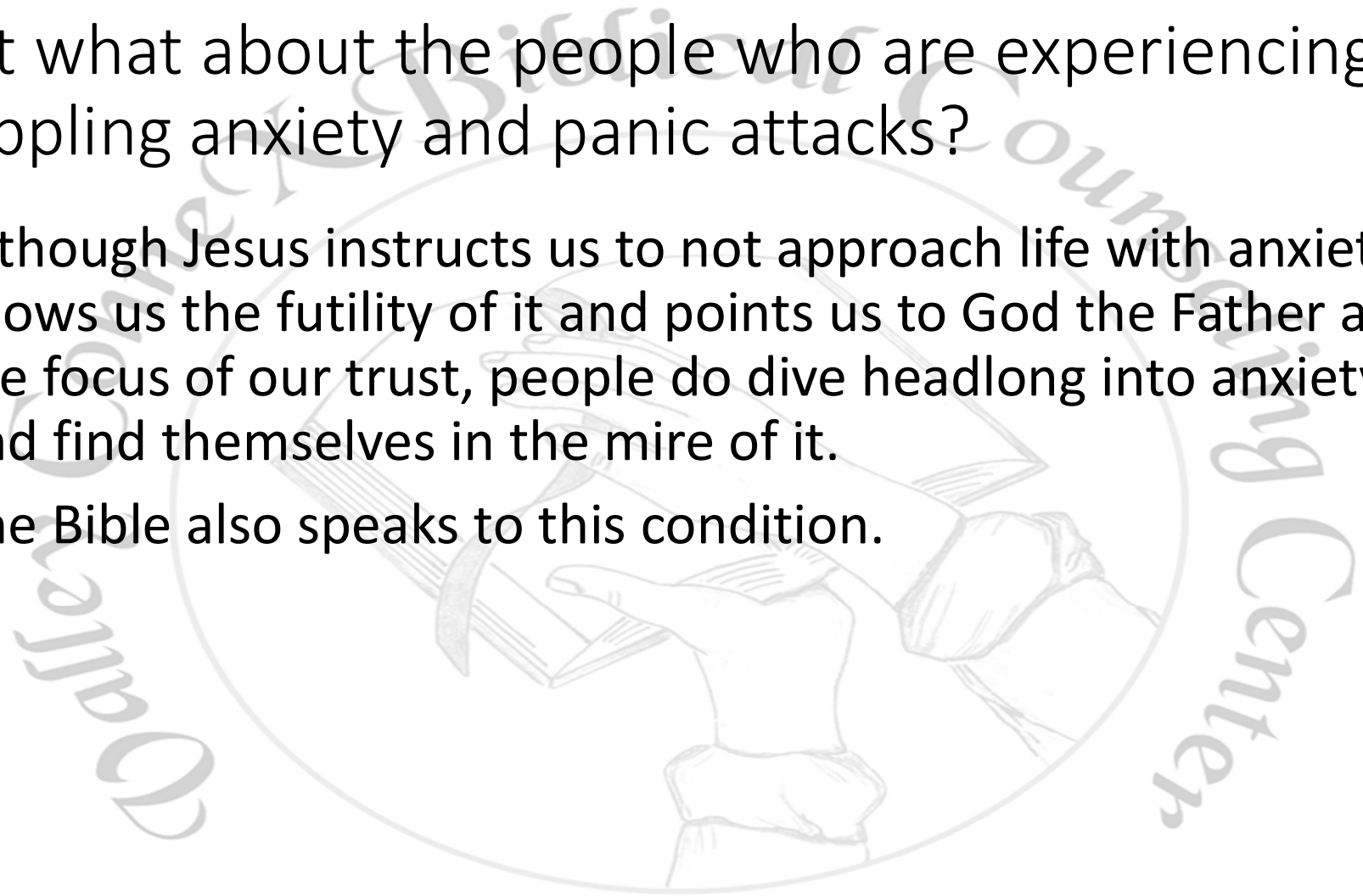
We are not a slave to anxiety and have power over it.

- Jesus puts the focus of life back on God as the corrective to our tendency toward anxiety.
 - ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you. Matthew 6:33 (ESV)



But what about the people who are experiencing crippling anxiety and panic attacks?

- Although Jesus instructs us to not approach life with anxiety, shows us the futility of it and points us to God the Father as the focus of our trust, people do dive headlong into anxiety and find themselves in the mire of it.
- The Bible also speaks to this condition.

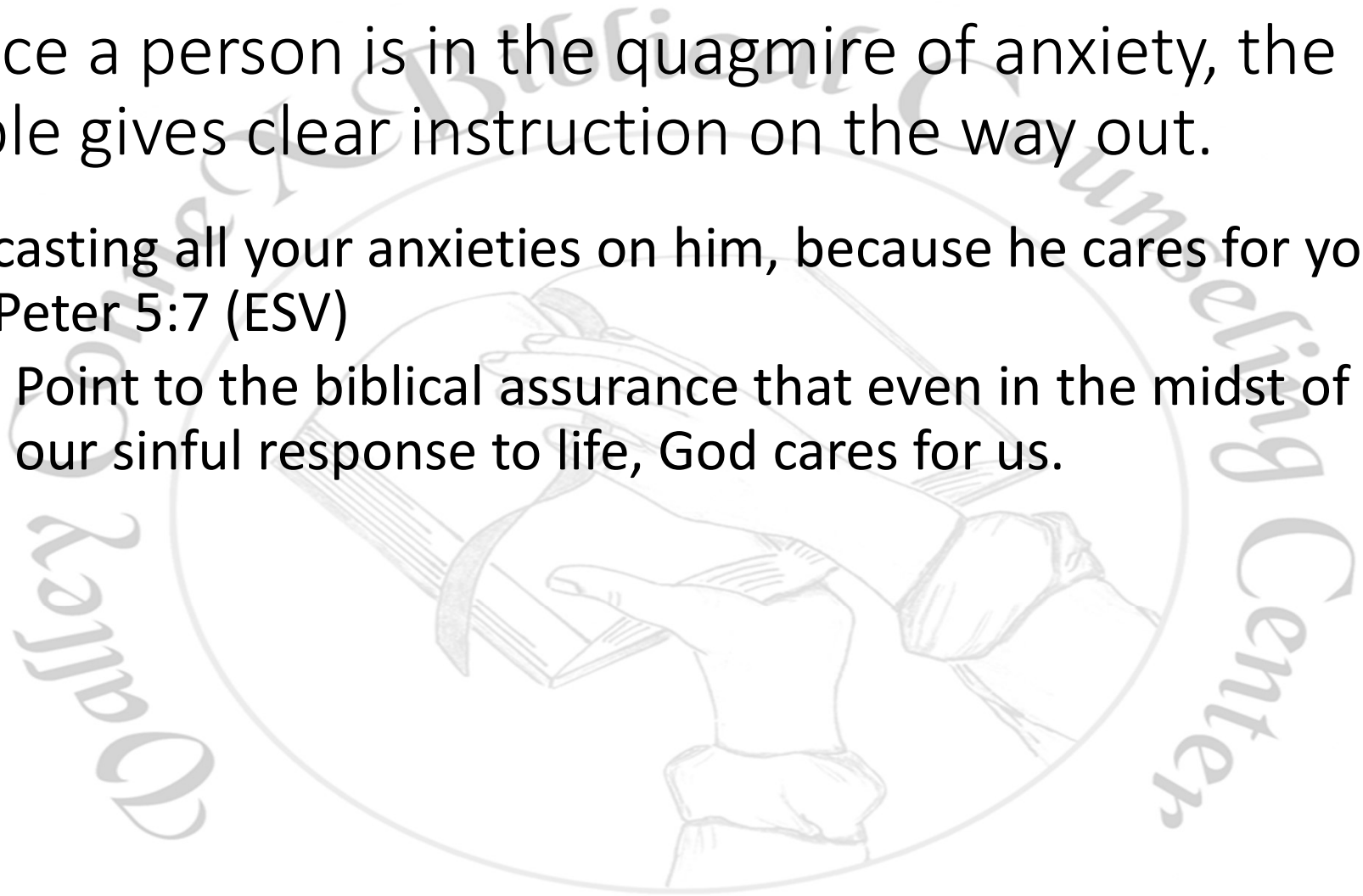


Anxiety is a common and natural reaction yet one that can and will lead us into sinful behavior if biblical instruction is not applied.

- ⁶ do not be anxious about anything, Philippians 4:6a (ESV)
- μηδὲν μεριμνᾶτε- This construction in the Greek language translated “do not be anxious” indicates that one is to stop something he or she is already doing. The construction used by Jesus prohibits the practice. The understanding here is that we are going to react to life with anxiety and we are therefore given the clear instruction that we are to resist this approach.

Once a person is in the quagmire of anxiety, the Bible gives clear instruction on the way out.

- ⁷ casting all your anxieties on him, because he cares for you.
1 Peter 5:7 (ESV)
 - Point to the biblical assurance that even in the midst of our sinful response to life, God cares for us.



Once a person is in the quagmire of anxiety, the Bible gives clear instruction on the way out.

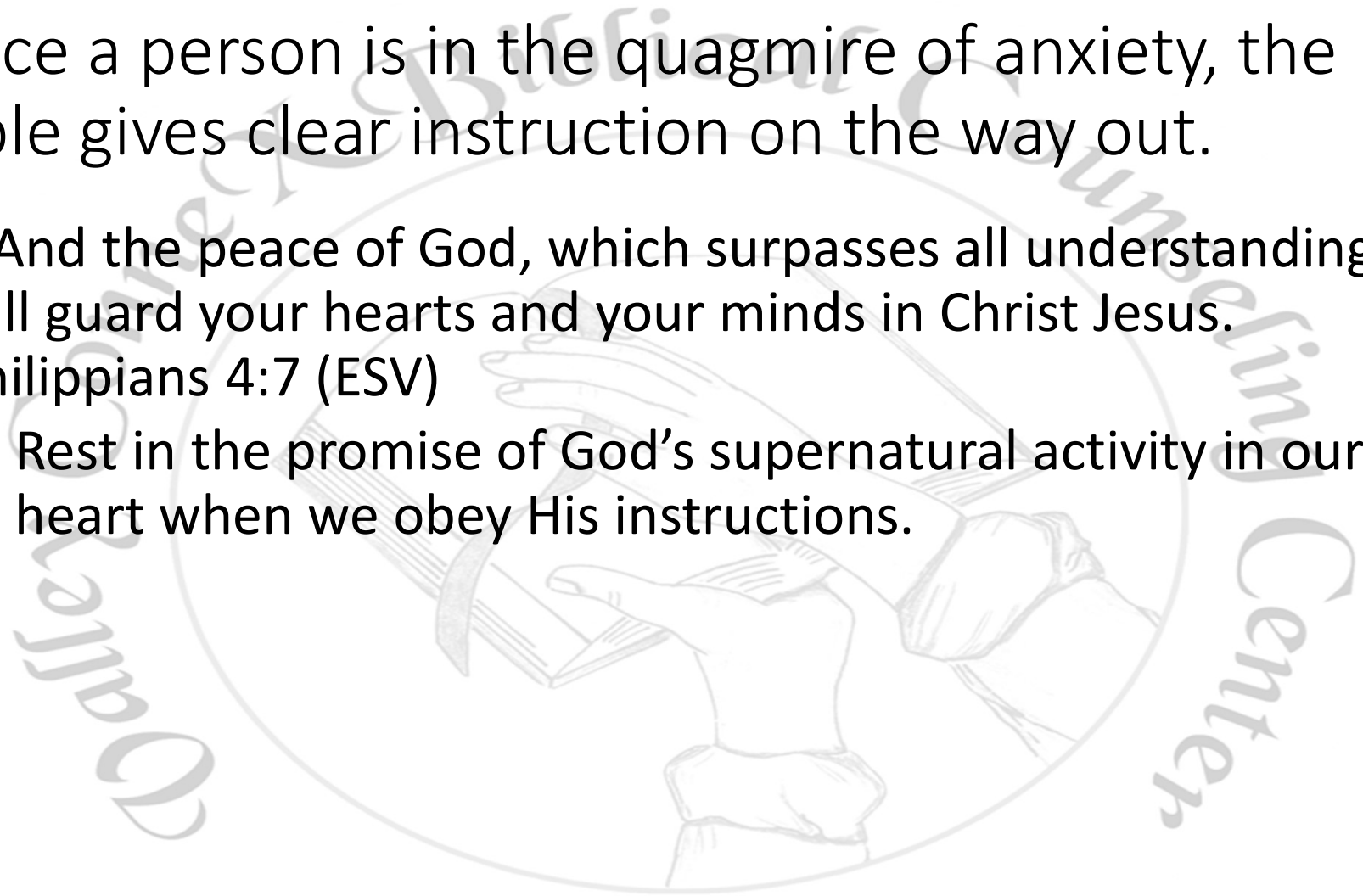
- ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians 4:6 (ESV)
 - Lead them to actively engage the One Who holds the future rather than actively engaging an unknown, imaginary future by:
 - Coming to God in prayerful worship.
 - Coming to God and worshipfully express the needs you have as you see them.

Once a person is in the quagmire of anxiety, the Bible gives clear instruction on the way out.

- ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians 4:6 (ESV)
 - Lead them to actively engage the One Who holds the future rather than actively engaging an unknown, imaginary future by:
 - Coming to God expressing thanksgiving for His blessings and His promises.

Once a person is in the quagmire of anxiety, the Bible gives clear instruction on the way out.

- ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:7 (ESV)
 - Rest in the promise of God's supernatural activity in our heart when we obey His instructions.



Teach those who have been prone to react to life with anxiety the biblical implications of where we place our trust. Jeremiah 17:5-10

- ⁵ Thus says the LORD: “Cursed is the man who trusts in man and makes flesh his strength, whose heart turns away from the LORD. ⁶ He is like a shrub in the desert, and shall not see any good come. He shall dwell in the parched places of the wilderness, in an uninhabited salt land. Jeremiah 17:5-6 (ESV)

Teach those who have been prone to react to life with anxiety the biblical implications of where we place our trust. Jeremiah 17:5-10

- ⁷ “Blessed is the man who trusts in the LORD, whose trust is the LORD. ⁸ He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.”
Jeremiah 17:7-8 (ESV)

Provide assurance that even the hardships of life do not inevitably lead to anxiety.

- ⁶ For God, who said, “Let light shine out of darkness,” has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. ⁷ But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. ⁸ We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹ persecuted, but not forsaken; struck down, but not destroyed; ¹⁰ always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. ¹¹ For we who live are always being given over to death for Jesus’ sake, so that the life of Jesus also may be manifested in our mortal flesh. 2 Corinthians 4:6-11 (ESV)

God gives us the opportunity and even the command to help each other in our times of anxiety.

- ²⁵ Anxiety in a man's heart weighs him down, but a good word makes him glad. Proverbs 12:25 (ESV)
- ³ Strengthen the weak hands, and make firm the feeble knees. ⁴ Say to those who have an anxious heart, "Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you." Isaiah 35:3-4 (ESV)