



“APPEASING ANXIETY”

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Fear, worry, anxiety, and stress are the four points of the compass found in the hearts of most Americans today.

Preliminary Thoughts:

- Worry and anxiety are attacks on the mind.
The word *worry* comes from an old English word *wrygan* which means *to strangle or to choke*.

“Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.” —Arthur Somer Roche

- Worry and anxiety take on many forms.
- Worry and anxiety, when left alone, reduce my productivity, diminish my quality of life, agitate the well being of my relationships, distress my body, interrupt my sleep and destroy my peace.

“Anxiety in the heart of man causes depression, but a good word makes it glad.” Proverbs 12:25

PRINCIPLES TO ATTACK ANXIETY

THE PRINCIPLE OF IDENTIFICATION

Common Fear Factors:

- Fear of Want
- Fear of Suffering
- Fear of Failure
- Fear of Death

“The fear of the Lord is the beginning of wisdom and knowledge.” Proverbs 1:7

“And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.” Matthew 10:28

“But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” Matthew 6:33

THE PRINCIPLE OF MOBILIZATION

Pray
Read
Exercise
Partner
Appreciate
Record
Engage

Pray:

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your request be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” Philippians 4:6-7

“To break the habit of worry, you must develop the habit of prayer.”

Read:

“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.” Phil. 4:8

“Reading is to the mind what exercise is to the body.”

—Richard Steel

“There’s hardly any grief that an hour’s reading will not dissipate.”

—L. de Montesquieu

“The more we read the more we believe, the more we believe the more we hope, the more we hope, the more we pray, the more we pray, the more we love, the more we love the more we labor.” —Mr. Charles E. Cowman

Exercise:

Just as mental distress can result in physical disorders, physical fitness can assist in mental strength.

Partner:

Sometimes sharing results in others bearing and building you up. A world of counsel or a voice of comfort can add strength.

Appreciate:

When you are worried and anxious, take time to appreciate what you have, who you love, and focus on the best of life.

Record:

A journal is a good way to process thoughts, concerns and needs.

Engage:

Don’t burn your energies on negative processing. Worry and anxiety paralyze us.

“The things you learned and received and heard and saw in me, DO and the God of peace will be with you.” Phil. 4:8

THE PRINCIPLE OF DEDICATION

Transfer the title deed of your life to God.

Peace is not the absence of problems, but it is learning to relate to God rightly in all things.

“Fear not for I am with you, be not dismayed for I am your God, I will strengthen you, I will help you, I will uphold you with the right hand of my righteousness.” Isaiah 41:10