

# GOOD NEWS FOR REAL LIFE





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ANXIETY IN A RESTLESS WORLD

**ANXIETY &**

**GOD**

WHEN  
PEOPLE  
ARE BIG



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EDWARD T. WELCH

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*"I truly understand myself, the world and my struggles only when I come to see him truly"*

**GOD IS**  
**SOVEREIGN**

“Our God is in heaven;  
he does whatever  
pleases him”

*Psalm 115:3*

For from him and through  
him and for him are all  
things. To him be the glory  
forever! Amen.

*Rom 11:36*

# DANIEL 4

*page*

# GOD IS SOVEREIGN

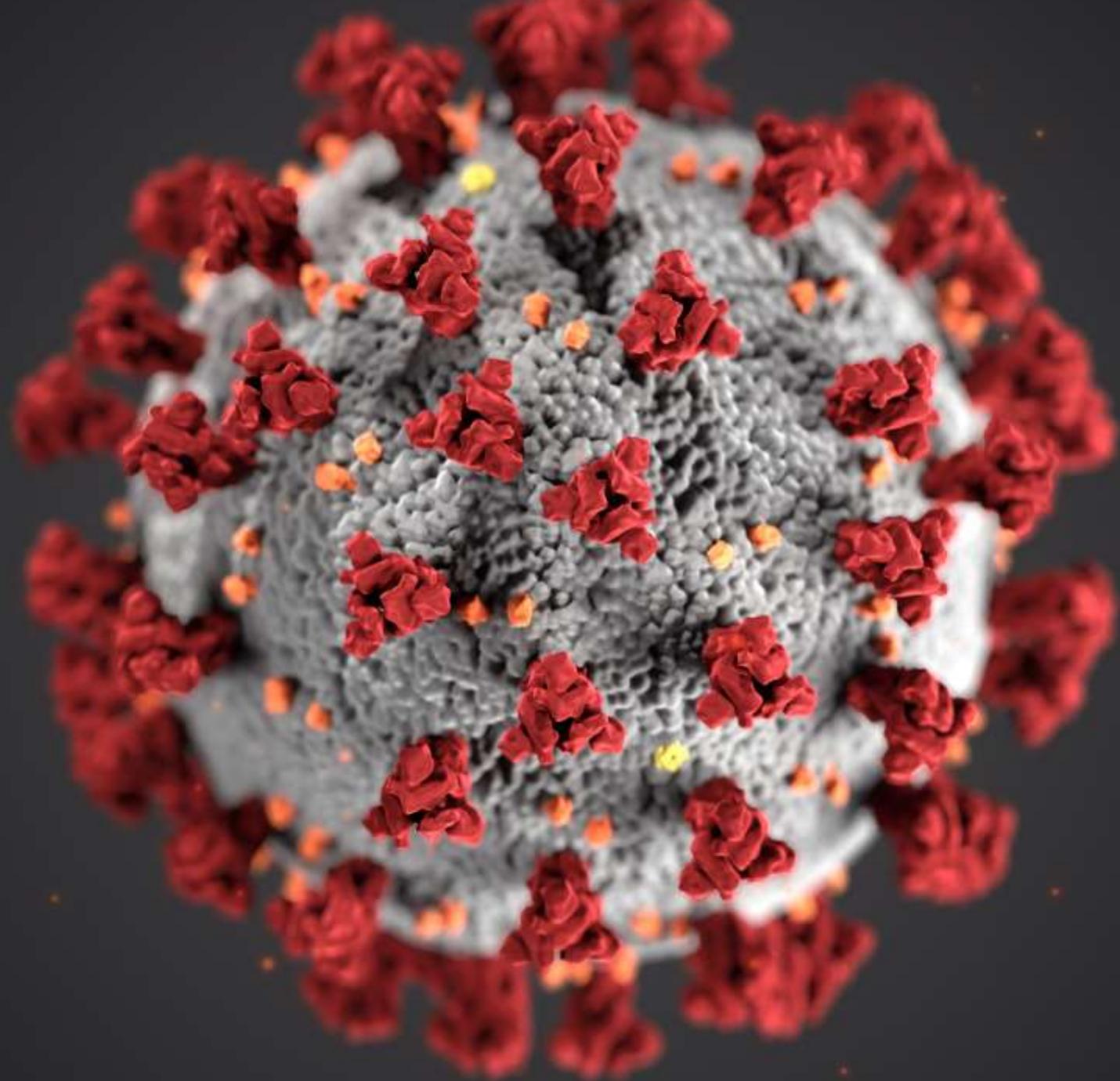
1. **The world** is not out of control
2. **My life** is not out of control
3. **God's will** cannot be defeated

**IMAGINE...**

*One 'maverick'  
molecule?*

**IMAGINE...**

~~*One 'maverick'*~~  
~~*molecule?*~~



# GOD IS SOVEREIGN

1. **The world** is not out of control
2. **My life** is not out of control
3. **God's will** cannot be defeated
4. **God's promises** will all come true
5. **The Sovereign LORD is mine** & I am his

> The Sovereign  
Father is **my Father**

Are not two sparrows sold for a penny?  
Yet not one of them will fall to the  
ground outside your Father's care. And  
even the very hairs of your head are all  
numbered. So don't be afraid; you are  
worth more than many sparrows.

*Matt 10:29-31*

> The Sovereign Son is  
**my Shepherd**

My sheep listen to my voice; I know them, and they follow me. 28 I give them eternal life, and they shall never perish; no one will snatch them out of my hand.

*John 10:27-29*

> The Sovereign Spirit  
is **my Comforter**

For those who are led by the Spirit of God are children of God ... and by him we cry 'Abba Father.' The Spirit testifies with our spirits that we are God's children.

*Rom 8:14-16*

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, **nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.**

# GOD IS SOVEREIGN



# ANXIETY IN A RESTLESS WORLD

*Helen Thorne*

***Got questions?***

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# ANXIETY IN A RESTLESS WORLD

*Helen Thorne*

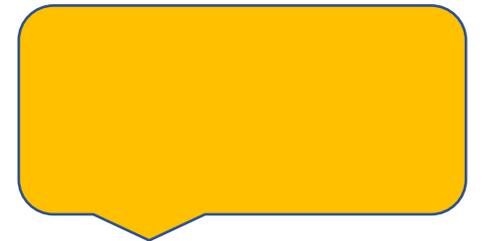
# Anxiety: the definition and prevalence

Fear or apprehension at future events – real or perceived – that impacts body and heart.

- In 2013, there were 8.2 million cases of anxiety in the UK.
- In England women are almost twice as likely to be diagnosed with anxiety disorders as men.
- The one-week prevalence of generalised anxiety in England is 6.6%

# Anxiety: the experience

What does anxiety feel like? Consider the physical, emotional, relational and spiritual factors that may be seen in children or adults.



# Anxiety: the lies

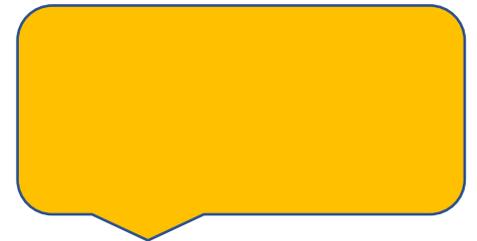
- Everything is out of control
- I can't do this
- I'm alone
- God doesn't care
- Nothing will ever change

# Anxiety: the escape

- Control (children: defiant behaviour)
- Food (children: comfort eating or deliberately not eating)
- Alcohol / drugs
- Sex / pornography
- Shopping (children: always wanting the new toy)
- Gaming / scrolling
- Over-activity

# Anxiety: the Christian struggle

Some would say (or at least assume) that Christians shouldn't struggle with anxiety. What might be the roots of such beliefs?



# Anxiety: the causes

- Jesus spoke frequently of anxiety because he knew we would struggle! And knew that struggle would impact our embodied souls.
- Broken world with real challenges (Genesis 3)
  - Broken pasts – presents – futures
  - Broken bodies (genes, hormones, underlying illness)
  - Broken desires
- So, why are some of us more anxious about the coronavirus ... ?

# Anxiety: the secular prescriptions

- Self-help (online relaxation, coping strategies)
- Talking therapy (often CBT)
- Medication (SSRIs, Benzodiazepines)
- Mindfulness

Common grace to be welcomed!

Common grace that doesn't include the special revelation we all need.

# Anxiety: simple practical responses

- Breathing
- Grounding
- Meditating (children: colouring)
- Resting (children: creative fun)
- Reprioritising (children: the dangers of over-scheduling)
- Exercise (children: sport with no expectation of achievement)
- Journaling (children: art, telling stories through toys)

# Anxiety: responding biblically

Words that make a difference ...

- Words that root
- Words that refine
- Words that relate

... to saints, sufferers and sinners

# Words that root – in who God is

- God is with us ... he knows every facet of our pain (Ps 139)
- God is our Refuge ... we can go to him as we are (Ps 18)
- God is our Shepherd ... he is leading us through the fear (Ps 23)
- God is our Provider ... he gives us what we need each and every day (Ex 16)
- God is our King ... sovereign over our circumstances and bringing purpose to them (Gen 50)

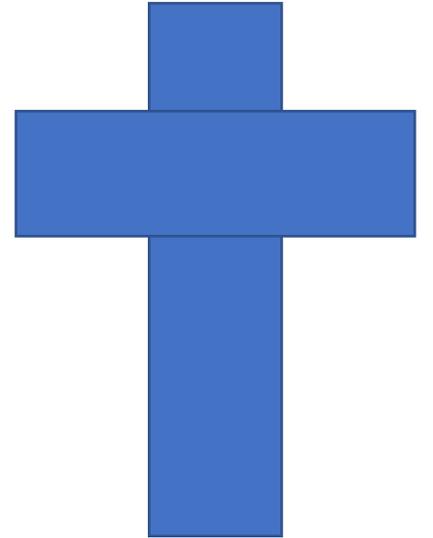
# Words that root – in who we are

## Genesis 1

- Image of God

## Ephesians 1

- Past forgiven ... as we are lavished with grace
- Present equipped ... as the Spirit dwells inside
- Future secure ... as our inheritance is kept safe



# Words that refine – the beauty of change

Ephesians 4:22-24

- Take off our old self
- Have our minds transformed through God's word and work
- Put on our new self

# Words that refine – the joy of persevering

Hebrews 12:1-3

<sup>1</sup>Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, <sup>2</sup> fixing our eyes on Jesus, the pioneer and perfecter of faith.



# Words that relate – to God

- Prayers of release ... *“Please take this away ... ”*
- Prayers of reliance ... *“Help me trust in you, Lord ... ”*
- Prayers of repentance ... *“I’m sorry for doubting you...”*
- Prayers of reorientation ... *“Change me to be more like Jesus ... ”*
- Prayers of resurrection ... *“Thank you, that one day I will be free ... ”*

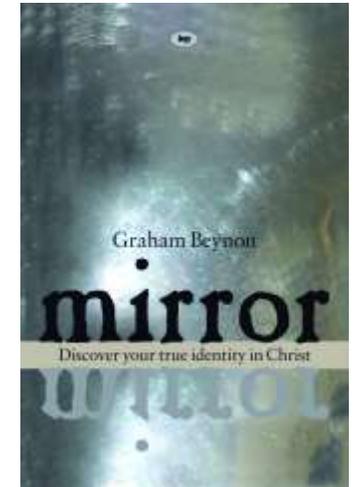
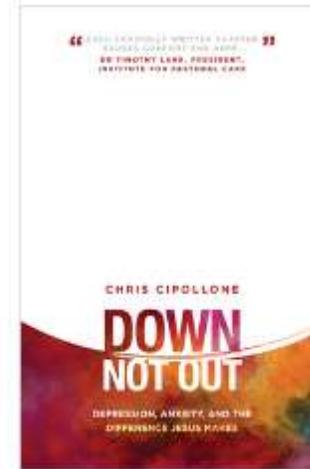
# Words that relate – to others

- Communities of care

*Just as a nursing mother cares for her children, <sup>8</sup> so we cared for you. Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well. (1 Thessalonians 2:7-8)*

# Resources

- [www.biblicalcounselling.org.uk](http://www.biblicalcounselling.org.uk)
- [www.ccef.org](http://www.ccef.org)
- Down not out – Chris Cipollone
- Running Scared - Ed Welch
- Mirror, Mirror – Graham Beynon
- Living without Worry – Tim Lane
- Real Change – Andrew Nicholls and Helen Thorne



***Got questions?***

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