

OVERCOMING ANXIETY

By: Pastor David Rodriguez

MATTHEW 6 :24-34

Fear An emotional state in the presence of anticipation of a dangerous or noxious stimulant. Fear is usually characterized by an internal, subjective experience of extreme agitation, a desire to flee or attack, and by a variety of sympathetic reactions.

Anxiety A vague, unpleasant emotional state with qualities of apprehension, dread, distress, and uneasiness. Fear is differentiated from anxiety in that fear involves a specific object or event while anxiety is regarded as a more general emotional state. Fear is a reaction to a present danger, anxiety to an anticipated or imaginary one.

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Panic A sudden, overwhelming fear that produces hysterical behavior.

Panic Attack A discreet period of intense fear or discomfort accompanied by a variety of symptoms which may include shortness of breath, dizziness, heart palpitations, trembling, sweating, nausea, and often a fear that one is going crazy. The attacks are initially unexpected and typically last no longer than 15 minutes.

Phobia A fear that is specific, irrational, and not based on sound judgment. It is persistent and intense with a compelling need to avoid the phobic situation or object.

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Insecurity The feeling that one is not safe, is exposed to risk or danger. Not confident or assured. The fear of loss of position, advantage, or affection. According to some theorists, all neurotic, destructive behaviors stem from feelings of insecurity and the attendant sense of anxiety.

“Both patient and therapist must keep in mind that what has happened earlier in life, or in childhood, or infancy is not in and of itself crucial in psychotherapy. Rather, it is the ways in which the things that occurred during these phases of a person’s earlier development determine, modify, or restrict his adjustment in the current life experience that is of far greater significance.”

- Paul Dewald, 1964

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John 14:1- “All the water in the world can’t sink a ship unless it gets inside. All the worry, frustration, anxiety and fear in the world can’t disturb you unless it gets inside.”

2 Corinthians 10:4-5 - “Worry is a misuse of imagination. It’s thinking about what you don’t want to happen.”

Matthew 6:34 – “Worry is like playing interest in advance on a loan you may never use.”

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Action Plan- Philippians 4:6-9

- Pray (v.6)
- Be grateful (v.6)
“How can you be fully appreciative of what you have when you don’t consider it to enough?”
- Redirect your thoughts (v.8)
“Change the channel ! If you think better, you will feel better. If you feel better, you will perform better. If you perform better, you will achieve positive results and that will reinforce good thinking.”
- Act on what you know (v.9)