

# Worry and Anxiety

## Selected Texts



# Worry and Anxiety

1. What things worry us or cause anxiety?



# Worry and Anxiety

What things are sources of anxiety?



...finances?

# Worry and Anxiety

What things are sources of anxiety?



...work?



# Worry and Anxiety

What things are sources of anxiety?



...health issues?

# Worry and Anxiety

What things are sources of anxiety?



...relationship issues?

# Worry and Anxiety

What things are sources of anxiety?



...trauma or catastrophes?

# **Worry and Anxiety:**

Possible sources or causes:

- Social or relational sphere
- Workplace
- Health
- Finances
- Changes or sudden life events  
(separation, loss, death)



# Common physical symptoms:

- stress - neck, shoulders, headaches
- lack of sleep
- difficulty breathing, blurred vision
- chest pains, arrhythmia;
- stomach in knots, nausea
- sweat, tremors, dry mouth
- fainting, etc., etc.,

# Common emotional symptoms:

- fearfulness, sense of desperation
- withdrawal, isolation
- depression
- anger; lashing out
- sense of impotence
- etc., etc.,

# **Worry and Anxiety**

Biblical perspective...

## **Worry and Anxiety (cont.)**

**μέριμνα – *mérimna* (Greek)**

A preoccupation with a matter; a concern for something; specific attention given to something or matter

It may be of a positive or negative nature.



**Examples in the Bible of some  
who suffered angst or depression:**

**David** - troubled and depressed;  
sense of loneliness; fear of enemies

**Elijah** - discouragement, fear

1 Kings 19:4 - *take my life*

**Job** - loss, devastation, illness

Job 10:1 - *I loathe my very life*

# **Worry and Anxiety (cont.)**

## **In Scriptures we find:**

Matt. 6:19-34; 13:22

Mar. 4:19

Luk. 8:14; 12:22-31; 21:34

1 Pet. 5:7

2 Cor. 11:28

## **Worry and Anxiety (cont.)**

2. How should I respond to what causes the worry, stress or anxiety?

# Worry and Anxiety (cont.)

We need to...

a. Keep perspective

Ps. 115:13

Rom. 8:28

Eph. 3:20

Matt. 6:25, 31-32;

Luk. 10:40-42



# Worry and Anxiety (cont.)

We need to...

b. Renew our minds

Matt. 6:32

Rom. 12:1-2

Phil. 4:6-8

# Worry and Anxiety (cont.)

We need to...

c. Focus on the true priorities

Ps. 103:1-5

Hab. 3:17-19

Matt. 6:33

Reflecting...

Heb. 10:23-25

# Reflecting...

## Heb. 10:23-25

1. Hold fast to our confession
2. Stimulate to love and good deeds
3. Encouraging one another



*Cast your burden upon the Lord  
and He will sustain you; He will  
never allow the righteous to be  
shaken.*

*Ps. 55:22*