



Am I Ok?

Sunday, February 9, 2025

TITLE: Fly Away and Find Rest (*Anxiety*)

TEXT: Psalm 55

WE ARE NOT OK

- Mental illness = a _____ condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning and often results in a diminished capacity for coping with the ordinary demands of life.
- _____% of US adults experience a diagnosable disorder in a given year
- _____% of all cases originate before age 24

THE TRUTH

TRUTH #7

Your _____ were created by God and serve a God-given purpose. (See Ephesians 4:26-27)

TRUTH #8

_____ experienced the full range of human emotions. (See Hebrews 2:17-18)

TRUTH #9

Yes, even (and especially) the ' _____ ' emotions. (See Isaiah 53:3)

QUICK FACTS | ANXIETY DISORDERS

- Most common mental illness in the US, affecting 40 million adults (~ _____%)
- Significant increase in _____ & college students since the 1950s
- Higher risk of _____ conditions, like depression, substance abuse, etc.
- These disorders are caused by over- or under-activation of certain _____ structures and a decrease of certain neurotransmitters.

STRESSED OUT

A spike in _____ causes the four main stress-responses:

FIGHT FLIGHT FREEZE FAWN

Matthew Stanford: "Anxiety is a normal cognitive and physiological response that God designed to call our attention to the seriousness of an event or situation, and motivate us to action. With an anxiety disorder, however, the anxiety is not mild and brief, but _____ and _____."

WHEN PANIC STRIKES

TRUTH #10

It can be terrifying to feel you have no _____ over your own thoughts, emotions, or actions. (See Psalm 13:2)

Psalm 55:4-8 – My heart shudders within me; terrors of death sweep over me. Fear and trembling grip me; horror has overwhelmed me. I said, "If only I had wings like a dove! I would fly away and find rest. How far away I would flee; I would stay in the wilderness. I would hurry to my shelter from the raging wind and the storm."

MANAGING YOUR STRESS

Helpful strategies include: Schedule / Routine, Mindfulness, Deep Breathing, Challenge _____ Thoughts, Reassure Yourself

TRUTH #11

There is freedom in releasing _____. (See Psalm 55:22; Philippians 4:6-7; Matthew 6:33-34)

GOING DEEPER | Study & Discussion Questions

1. How can understanding and experiencing our emotions in a healthy way draw us closer to God?
2. Name some examples in the Gospels of Jesus experiencing intense emotions. What can we learn from those instances?
3. Why do you think Anxiety has been on the rise among young people since the 1950s?
4. How can you tell when you have crossed from healthy stress levels into an unhealthy level of anxiety?
5. Explain how we can find healing by releasing control.

ONE (MORE) CHALLENGE

one small step of discipleship every week

Read one PSALM each day and meditate on it.



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