

Help and Hope for the Anxious

Session One

Are you here today and you are?

1. What exactly is anxiety and how does our society treat it?

- a. Life has many concerns, and they affect us all (stats)¹
 - i. Many of them are legit (Real)
 - i. Can be handled rightly (1 Cor 7:32-34; 12:25; 2 Cor 11:28; Phil 2:20)
 - ii. Others are legit but handled wrongly = anxiety/worry (Mat 6:25, 31, 34; 10:19; 13:22, Luke 10:41; 21:34; Phil 4:6; 1 Pt 5:7)
 - ii. Others are not legit (irrational)²
- b. Common Symptoms of anxiety (disorders)³
- c. What is the difference between a concern and anxiety/worry?
 - i. Meaning of the word
 - The Greek word, merimna (noun), merimnao (verb), stresses the action and effects of worry — To divide, part, rip, tear apart, be anxious, distract your attention, be concerned for, to care for something, to be troubled.⁴
 - ii. Definition of Concern
 - iii. Definition of Anxiety/Worry

¹ One article cites there has been a 28% increase in anxiety disorders worldwide in 2020 (google search on stats and anxiety).

² There is such a thing as 'derealization' where a person wonders if things are real (i.e., so they pinch themselves to see if it's real or drive into a tree to see if it's all real)

³ <https://www.mayoclinichealthsystem.org> (they have an article on 11 tips for coping with an anxiety disorder.

⁴ *The New Linguistic and Exegetical Key to the Greek New Testament*. Cleon Rogers Jr and Cleon Rogers, III. P. 14, 457.

- iv. Illustrated in Matthew 6:19-34⁵
- d. Outside and inside influences⁶
- e. Who is responsible for the real concerns?⁷
- f. Society's explanation⁸
- g. Society's treatments (Symptom relief but "no cure")

⁵ Refer to the chart comparing Concern handled rightly and Concern handled wrongly.

⁶ Refer to the chart on the physical and spiritual.

⁷ A helpful chart and worksheet are found in Paul Tripp's book, *Instruments in the Redeemer's Hands*, 353-354.

⁸ This is the basic textbook message of Psychology 101