

Sweating Blood: Understanding Anxiety





Psalm 94:17-19

Unless the LORD had given me help, I would soon have dwelt in the silence of death. When I said, “My foot is slipping,” your unfailing love, LORD, supported me. When anxiety was great within me, your consolation brought me joy.

What is anxiety?

Anxiety is a feeling of unease, like worry or fear that can be mild or severe.





I have no one like him, who will be genuinely concerned for your welfare.

Philippians 2:20

What Anxiety isn't...

- not your fault**
- not necessarily wicked**
- not rebellion against God**
- not distrust**
- not necessarily unbelief**
- not necessarily lack of faith**

Why do some people get anxious and others don't?

Genes



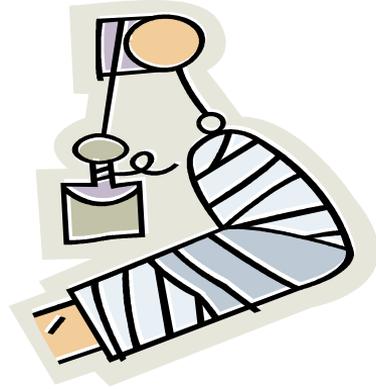
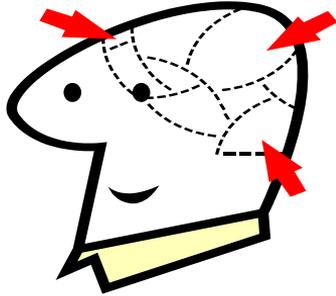
Personal experiences



Lifestyle



What precipitates anxiety?



How is Anxiety treated?

Conversation -

- with a trusted friend
- with a Health care Professional
- with a Counsellor
 - CBT
 - Relaxation
 - Exercise
 - Distraction
 - Medication
- with ourselves



Cast all your
anxiety upon
him, for he
cares for you.

1 Peter 5:7

I will remember the
deeds of the
LORD; yes, I will
remember your miracles
of long ago. I will
meditate on all your
works and consider all
your mighty deeds.

Psalm 77:11 &12

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- **with a trusted friend**
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 - CBT
 - Relaxation
 - Exercise
 - Distraction
 - Medication
- **with ourselves**
- **with our Heavenly Father**

Turn worries into prayers

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6





Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly father feeds them. Are you not much more valuable than they? Which of you by worrying can add a single hour to his life?

Matt.6:27

For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness.

Matt.6:32-33

Life Expectancy

How
many
years?



How Christians should not respond to the anxiety epidemic

Despising



Denying



Demonising

“For if all weeping is condemned, what shall we judge concerning the Lord himself, from whose body tears trickled down? If all fear is branded as unbelief, how shall we account for that dread with which, we read, he was heavily stricken? If all sadness displeases us, how will it please us that he confesses his soul ‘sorrowful even to death’?”

John Calvin (Institutes of Christian Religion) 1536

How Christians should respond (**Isaiah 40**)



How Christians should respond

- **Don't Despise**

‘The Culture awakens’

- **Don't deny**

- **Don't demonise**



**My help comes
from the Lord,
who made
heaven and earth.**

Psalm 121:2