

**Solid Rock Christian Church Manassas, Virginia**

**Bible Study - February 3, 2022**

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**Title: "Dealing with Anxiety and Stress as a Christian"**

**Scripture Reference: Philippians 4:6-7**

"Be careful (i.e., anxious) for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

**I. Introduction**

A. During the late 1990's, mental health researchers and counselors determined that the number one emotional problem at that time was anxiety. It was also determined that panic anxiety was the number one mental problem for women in the United States, and it was second in men only to substance abuse.

B. Many anxious people also suffer from other emotional problems, notably depression. Anxiety and depression go together like Jack and Jill. However, when anxiety sets in it can lead to stress, and when coupled with depression, how does one deal with these issues?

C. In our current day and time (the year 2022), I would submit to you that anxiety and stress are also very prevalent. From a biblical standpoint, how do we deal with these issues? In this study, I will discuss what I believe are several healthy ways to deal with stress and anxiety as a Christian.

D. It has been determined by prominent psychologists that "some" anxiety is biologically based. The Bible talks about anxiety which is more related to "worry" but the words "Be careful" in Philippians 4:6 translate "anxious." In previous years, researchers have discovered just how much of our modern-day anxiety is caused by stress.

E. Stress not only causes headaches, ulcers, and heart disease, but it also sets the stage for anxiety by affecting the brain's biochemistry.

## II. Exposition [Part I] - Working Definitions and Insight

A. I would like for you to keep the following information in mind as we go through this study. The difference between stress and anxiety:

1. **Anxiety** - A feeling of worry, nervousness, or unease, typically, about an imminent event or something with an uncertain outcome.
2. **Stress** - The feeling of being overwhelmed or unable to cope with mental or emotional pressure.

B. Everyone deals with stress at some point, and Christians are not immune to the pressures and pitfalls of life. People under stress experience mental and physical symptoms, such as irritability, anger, fatigue, muscle pain, digestive trouble, and difficulty sleeping.

C. Anxiety is defined by persistent, excessive worries that don't go away even in the absence of stressors.

D. Stress and anxiety for a Christian can take on many different shapes and forms. It can be as simple and subtle as slowly backsliding away from the Lord or as debilitating as a full-blown panic attack.

E. Regardless, stress will wear us down physically, emotionally, and spiritually. Therefore, we must be armed with a plan for dealing with it.

## III. Exposition [Part II] - Healthy Ways to Deal with Stress

### A. Recognize the Problem

1. If you know that something is seriously wrong, the best

way to the solution is to admit that you have a problem. Sometimes it's not easy to admit that you're barely hanging on by a thread and you can't seem to manage your own life.

2. Recognizing the problem requires an honest, self-evaluation and a humble confession. Psalm 32:2 says - "Blessed is the man unto whom the Lord imputeth not (i.e., does not charge his account with) iniquity, and in whose spirit there is no guile (i.e., deceit)."

### **B. Give Yourself a Break and Get Help**

1. Consider this: You and I are not "Super Christians." We live in a fallen world where problems are inevitable. Jesus said, "... **In the world ye shall have tribulation: but be of good cheer; I have overcome the world.**" (John 16:33c)
2. The bottom line is this, we need to turn to God and if the Holy Spirit directs, seek out godly-help from others.
3. Now that you have identified the problem, if you're not getting enough rest, take time to restore your physical body. Eat a proper diet, start learning how to balance work, ministry, and family time.

**Comment:** You may need to find a support system of a trusted, godly friend who has "been there" and can understand what you're going through.

**Point:** Even with the suggestions above, don't reject the spiritual

aspect of the matter. Remember these words of our Lord and Savior Jesus Christ: "**The thief cometh not, but for to steal, and to kill, and to destroy. I am come that they might have life, and that they might have it more abundantly.**" (John 10:10)

**Note:** The "**they**" in the above verse represents those who are the Lord's (the Good Shepherd's) sheep! [We who are Christians.]

### C. Turn to God in Prayer

1. When you're overcome with anxiety, stress, and loss, more than ever, you need to turn to God. He is your ever-present help in times of trouble. The Bible tells us to take everything to God in prayer. Right here I'll take you back to our Scripture Reference verses at the opening of our study (i.e., Philippians 4:6-7).
2. God promises to give us peace beyond our ability to understand. He also promises to create beauty from the ashes of our lives as we discover that hope comes from loss and joy springs from times of brokenness and suffering. (cf. Isaiah 61:1-3)

### D. Meditate on the Word of God

1. The Bible is filled with wonderful promises from God. Meditating on God's Words of assurance can dispel your worries, doubt, fear, and stress. Here are just a few passages for you to consider:
  - a. 2 Peter 1:3
  - b. Matthew 11:28-30

- c. John 14:27 and
- d. Psalm 4:8.

**E. Spend Time Giving God Thanks and Praise**

1. Praise and worship will take your mind off of yourself and your problems will seem small in light of the Greatness of Almighty God. Focus on the Goodness of the Lord and discover the joy of knowing that our God is able to do exceeding abundantly above all that we ask or think.

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It is once again interactive time. My prayer is that this portion of our study will take you even deeper into the Word of God and give you more biblical insight into how to deal with anxiety and stress as a Christian. Remember, the Word of God says - Be anxious for nothing.

Please complete the following passages, listed under the following Four Topics: **Worship, Prayer, Ask for Help, and Reading Scripture.**

**Worship**

"Wherefore we \_\_\_\_\_ a kingdom which cannot be \_\_\_\_\_, let us have \_\_\_\_\_, whereby we may serve God \_\_\_\_\_ with \_\_\_\_\_ and godly \_\_\_\_\_."

**[Hebrews 12:28]**

"O Come, let us \_\_\_\_\_ unto the Lord: let us make a \_\_\_\_\_ noise to the \_\_\_\_\_ of our salvation. Let us come \_\_\_\_\_ his \_\_\_\_\_ with \_\_\_\_\_, and make a \_\_\_\_\_ noise unto him with psalms."

[Psalm 95:1-2]

### Prayer

"Pray without \_\_\_\_\_. In every thing give \_\_\_\_\_: for this is the \_\_\_\_\_ of God in Christ Jesus \_\_\_\_\_ you."

[1 Thessalonians 5:17-18]

"For I know the \_\_\_\_\_ that I think toward you, saith the Lord, \_\_\_\_\_ of \_\_\_\_\_, and not of evil, to give you an \_\_\_\_\_ end. Then shall ye \_\_\_\_\_ upon me, and ye shall go and \_\_\_\_\_ unto me, and I will \_\_\_\_\_ unto you. And ye shall \_\_\_\_\_ me, and \_\_\_\_\_ me, when ye shall \_\_\_\_\_ for me with all your \_\_\_\_\_."

[Jeremiah 29:11-13]

### Ask For Help

"For as we have many \_\_\_\_\_ in one body, and all \_\_\_\_\_ have not the same \_\_\_\_\_. So we, being \_\_\_\_\_, are one \_\_\_\_\_ in Christ, and every one \_\_\_\_\_ one of another."

[Romans 12:4-5]

"When \_\_\_\_\_ cometh, then cometh \_\_\_\_\_; but with the lowly is \_\_\_\_\_."

[Proverbs 11:2]

"And when Moses' father-in-law \_\_\_\_\_ all that he did to the \_\_\_\_\_, he said, What is this \_\_\_\_\_ that thou doest to the \_\_\_\_\_? why \_\_\_\_\_ thou thyself \_\_\_\_\_, and all the people \_\_\_\_\_ by thee from \_\_\_\_\_ unto \_\_\_\_\_? And Moses said unto his father-in-law, \_\_\_\_\_ the \_\_\_\_\_ come unto me to \_\_\_\_\_ of God:" e

[Exodus 18:14-15]

### Reading Scripture

"All \_\_\_\_\_ is given by \_\_\_\_\_ of God, and is \_\_\_\_\_ for \_\_\_\_\_, for reproof, for \_\_\_\_\_, for instruction in righteousness."

[2 Timothy 3:16]

"Thy word is a \_\_\_\_\_ unto my \_\_\_\_\_, and a \_\_\_\_\_ unto my \_\_\_\_\_."

[Psalm 119:105]

"But he answered and said, It is \_\_\_\_\_. Man shall not \_\_\_\_\_ by \_\_\_\_\_ alone, but by every \_\_\_\_\_ that \_\_\_\_\_ out of the \_\_\_\_\_ of God."

[Matthew 4:4]

"This \_\_\_\_\_ of the \_\_\_\_\_ shall not depart out of thy \_\_\_\_\_; but thou shalt \_\_\_\_\_ therein \_\_\_\_\_ and \_\_\_\_\_, that thou mayest \_\_\_\_\_ to do \_\_\_\_\_ to all that is \_\_\_\_\_ therein: for then thou shalt make thy way \_\_\_\_\_, and then thou shalt

have good \_\_\_\_\_."

**[Joshua 1:8]**

I sincerely trust and pray that you have been blessed from this study and may you experience true rest and peace that can only be found in the Lord Jesus Christ.

Jude 3

Pastor Austin