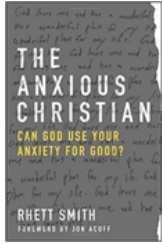


## Helpful Resources

Below are resources written from a Christian perspective about coping with fear and anxiety.

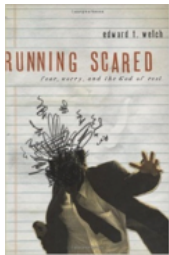


Rhett Smith

*The Anxious Christian: Can God Use Your Anxiety for Good?*

Is anxiety “un-Christian”? Many Christians believe the answer to this question is yes! Understandably, then, many Christians feel shame when they are anxious. They especially feel this shame when well-intentioned fellow believers dismiss or devalue anxiety with Christian platitudes and Bible verses.

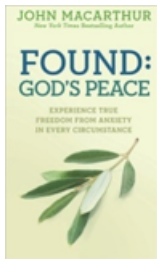
Rhett Smith, Licensed Marriage and Family Therapist, helps us understand anxiety in a new way. Rhett argues that, rather than being destructive or shameful, anxiety can be a catalyst for our spiritual growth. Using Biblical thinking and personal examples, Rhett explains how anxiety allows us to face our resistance and fears, understand where those fears come from, and then make intentional decisions about issues such as career, marriage, money, and our spiritual lives.



Edward T. Welch

*Running Scared: Fear, Worry, and the God of Rest*

In his new release, *Running Scared*, Edward T. Welch investigates the roots of fear in the human soul and the ramifications of living in the grips of anxiety, worry, and dread. Welch encourages readers to discover for themselves that the Bible is full of beautiful words of comfort for fearful people (and that every single person is afraid of something). Within the framework of thirty topical meditations, Welch offers sound biblical theology and moment-by-moment, thoughtful encouragement for life-saving rescue in the midst of the heart and mind battlefield of rampant panic-stricken responses. *Running Scared* affirms that, through Scripture, God speaks directly to our fears: on money and possessions, on people and their judgments, and on death, pain, and punishment.



John MacArthur

*Found: God's Peace Experiencing True Freedom from Anxiety in Every Circumstance*

In *Found: God's Peace*, trusted pastor and teacher John MacArthur tackles this vital question head-on. Throughout the book, MacArthur shares principles to help you overcome uncertainty, defeat worry, and experience true freedom from anxiety.

As Pastor John MacArthur writes, the key to worry-free living is to replace worry with prayer, right thinking, and action. Here he draws on rich biblical truths to show us how.

# Fear and Anxiety



**If you are experiencing fear or anxiety,  
you are not alone. There is hope.**

Fear is an emotional response that results when a person believes they are in danger. Anxiety is a feeling of worry, uneasiness or apprehension about a future event with an uncertain outcome. Fear can be a healthy response when a person is in actual danger. However, fear and anxiety can become problematic when a person is not actually in danger.

When fear and anxiety become excessive and overwhelming in a person's life, they may be experiencing an anxiety disorder. Anxiety disorders are characterized by steady, all-consuming anxiety that interferes with a person's daily activities such as job performance, school work and relationships. Over the course of a lifetime, 29% of adults will at some point struggle with an anxiety disorder.



**Take a minute and answer the following questions to calculate your current level of anxiety (mild, moderate, severe).**

*Generalized Anxiety Disorder Questionnaire (GAD-7)*

<b>Over the last 2 weeks, how often have you been bothered by any of the following problems?</b>	<i>Not at all</i>	<i>Several days</i>	<i>More than half the days</i>	<i>Nearly every day</i>
<i>Feeling nervous, anxious or on edge</i>	0	1	2	3
<i>Not being able to stop or control worrying</i>	0	1	2	3
<i>Worrying too much about different things</i>	0	1	2	3
<i>Trouble relaxing</i>	0	1	2	3
<i>Being so restless that it is hard to sit still</i>	0	1	2	3
<i>Becoming easily annoyed or irritable</i>	0	1	2	3
<i>Feeling afraid as if something awful might happen</i>	0	1	2	3

Calculate the sum of the numbers circled for each question. Scores of 5, 10, and 15 are taken as the cut-off points for mild, moderate and severe anxiety, respectively. If you scored at 10 or higher or feel anxiety symptoms are interfering with your day to day life it may be helpful to speak with your primary care physician or a professional counselor about your symptoms of anxiety.

## Reducing Anxiety Symptoms

**1. Listen to your fear and anxiety.** It is important to understand the nature of your feelings of fear or anxiety. The first step is putting into words the reason you are experiencing these emotions. Find a trusted friend to talk to or try journaling. Consider what your emotions are telling you about how you view yourself, how you view the world and how you view God.

**2. Use Scripture as an anchor to adjust thinking.** Once you can articulate your fear or anxiety, consider where there is alignment and misalignment with Scripture. Scripture can be used as an anchor or tool to measure thoughts and emotions against. This can help you to know when you are experiencing an emotion that reflects a distorted view of who God is or when your thoughts or emotions reflect truth.

**3. Seek God.** God cares when His children are distressed and wants to offer peace, comfort and hope. That is why a critical aspect of coping with fears and anxieties is bringing them to our heavenly Father and asking for help. All too often, people feel embarrassed about having emotions that do not align with Scripture and want to hide them. On the contrary, God wants you to draw near to Him and give Him access to your heart so He can offer comfort and help align your thoughts and emotions with His truth.

**4. Find healthy outlets.** For some people, anxiety feels like pent up energy looking for a release. Healthy outlets for anxiety include activities such as exercise, prayer, worship, deep breathing, journaling or talking. Professional counselors can offer a number of tools to help reduce anxiety symptoms.

**5. Build in appropriate support.** When you are experiencing fear or anxiety, seek additional support. A variety supports such as a primary care physician, professional counselor, support groups, pastoral care and faithful friends can help. Each person's need for support varies depending on their unique situation. The Charis website ([www.charisnetworkct.org](http://www.charisnetworkct.org)) is a tool than can help you find care and counseling services offered from a Christian perspective.

### Helpful Scripture

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:6-7)*

*“Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.” (1 Peter 5:6)*

*“When I am afraid, I put my trust in you.” (Psalm 56:3)*

*“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.” (Luke 12:32)*