

30A9 IN THE PANIC

Anxiety vs Fear

Fear – emotional response to a real or perceived immediate threat

Anxiety – emotional response to a real or perceived future threat



Anxiety

- **Perfectionism**
- **Uncomfortable in social situations**
- **Concerns about being judged by others**
- **Obsessing over details**
- **Worrying about finances, future, housing, etc**
- **Inability to cope with a certain trauma**
- **Panic episodes**
- **Specific fears**



Anxiety Statistics

- **18%-19% of Americans have an anxiety disorder (PTSD, OCD, Social Anxiety, Generalized Anxiety, Phobia...)**
- **43.5% of Americans struggle with mild anxiety**
- **25% of all children in the United States struggles with anxiety**

(Stats taken from ADAA and NIMH)



30A9 IN THE PANIC

1 Peter 5:1-5

¹So I exhort the elders among you, as a fellow elder and a witness of the sufferings of Christ, as well as a partaker in the glory that is going to be revealed: ²shepherd the flock of God that is among you, exercising oversight, not under compulsion, but willingly, as God would have you; not for shameful gain, but eagerly; ³not domineering over those in your charge, but being examples to the flock. ⁴And when the chief Shepherd appears, you will receive the unfading crown of glory. ⁵Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for “God opposes the proud but gives grace to the humble.”



1 Peter 5:6-7

⁶ Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷ casting all your anxieties on him, because he cares for you.



1 Peter 5:8-10

⁸ Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. ⁹ Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. ¹⁰ And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.



Philippians 4:4-7

⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.



Philippians 4:8-9

⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.



30A9 IN THE PANIC