

# **GRACE WINS!**

## **Over Anxiety**

### **Anxiety**

**A subjective feeling of tension, apprehension, and worry, set off by a particular combination of cognitive, emotional, psychological and behavioral cues.**

**Baker Encyclopedia of Psychology**

### **Symptoms of Anxiety or Stress Disorder**

<b>Dizziness</b>	<b>Tightness of Chest</b>
<b>Headaches</b>	<b>Neck and Body Tension</b>
<b>Upset Stomach</b>	<b>Nervousness</b>
<b>Fear/Dread</b>	<b>Heart Palpitations</b>
<b>Change in Appetite</b>	<b>Changes in Sleep</b>
<b>Fatigue</b>	<b>Irritability</b>

### **Progression of Anxiety**

**Concern (Over some threat or challenge; perceived or real)**

***Note: Perceived reality is often more threatening than actual reality***

**Worry (Persistent thoughts of a threat or challenge)**

**Anxiety (See definition above)**

# Breaking the Chain of Anxiety

## Physiologically

The Fight or Flight Response

Medication

Exercise

Rest/Retreat

Diet

## Emotionally

Counseling

Therapy

## Spiritually

Prayer (Phil. 4:6-7)

Believe (2 Cor. 12:8-10)

Trust (1 Peter 5:6-7)

## Grace Wins!

1. By God's Grace, we have value

Matt. 6:25-26

Psalm 139:13-14

2. By God's grace we have security

Matt. 6:27-30

Psalm 139:16

3. By God's grace we have purpose

Matt. 6:31-33

2 Peter 1:3-8

4. By God's grace we have peace

Matt. 6:34

Lam. 3:22-24