



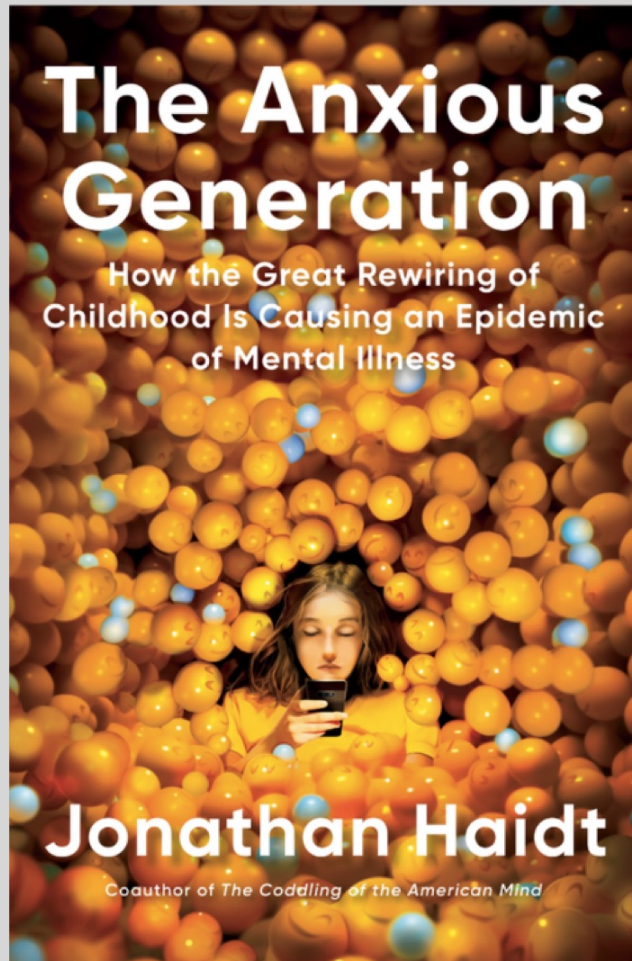
RISING ABOVE **ANXIETY**

The Anxious Generation

How the Great Rewiring of
Childhood Is Causing an Epidemic
of Mental Illness

Jonathan Haidt

Coauthor of *The Coddling of the American Mind*



“Anxiety and its associated disorders seem to be the defining mental illnesses of young people today.”

Jonathan Haidt

“A 2023 study of American college students found that 37% reported feeling anxious ‘always’ or ‘most of the time’ while an additional 31% felt this way ‘about half the time.’

“This means that only one-third of college students said they feel anxiety less than half the time or never.”

Jonathan Haidt



Leif Kennair



“If you do this, you are co-ruminating at least. But I believe they are ruminating more. And rumination is the major predictor for depression.”

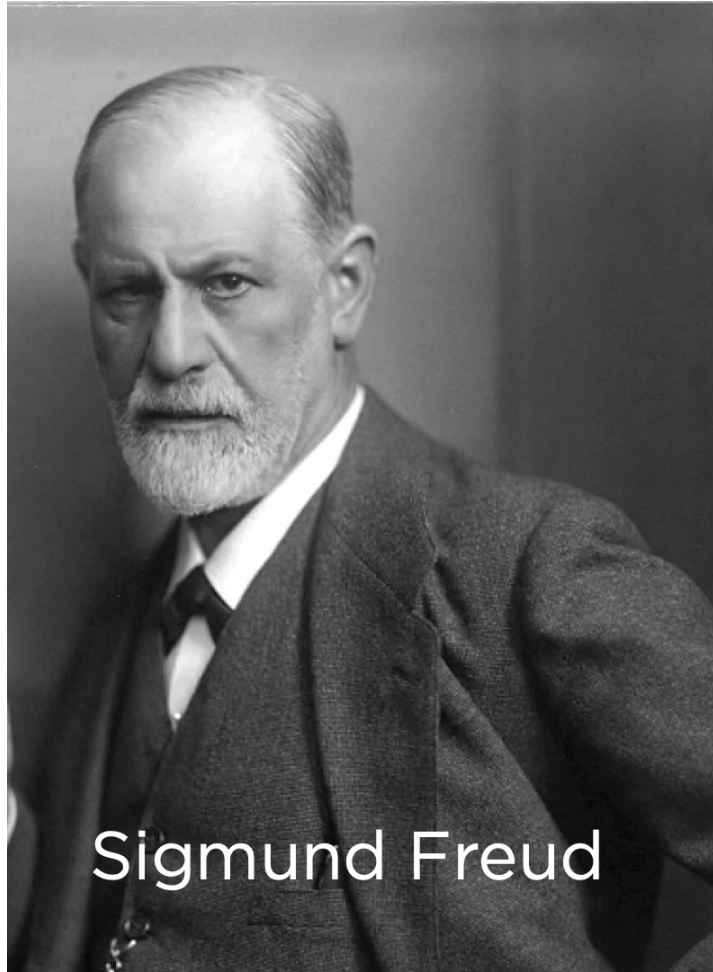
Leif Kennair

Rising Above Anxiety 6:25-34

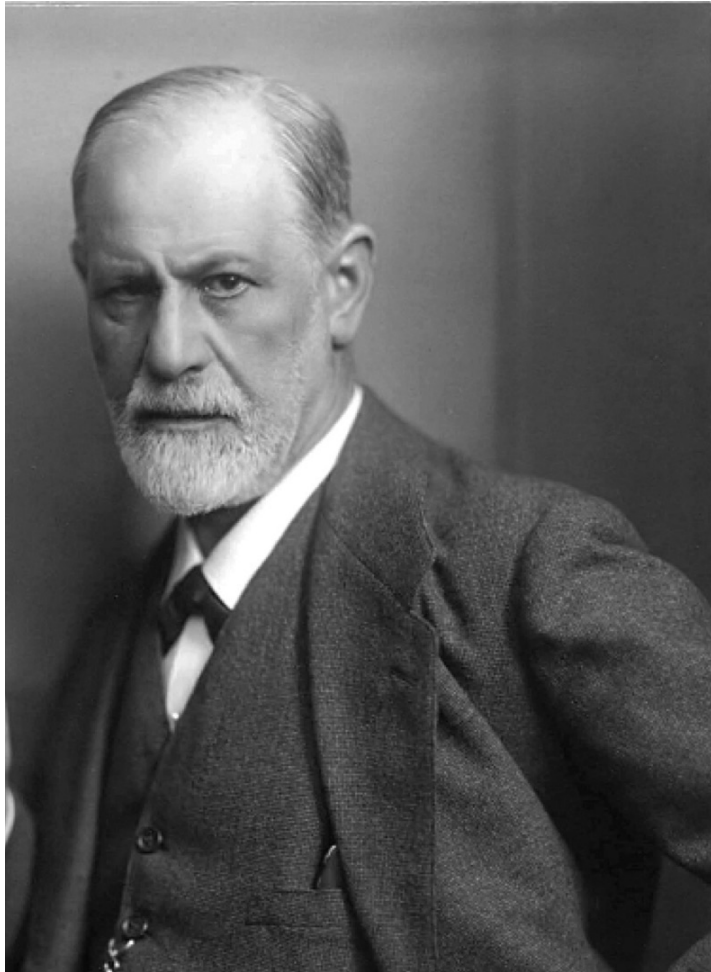
June 23	"Life is more than ..."	v. 25
June 30	"Are you not of more value ..."	v. 26
July 7	"Will he not much more clothe you ..."	vv. 27-30
July 14	"Your Father knows ... seek kingdom"	vv. 31-33
July 21	"Tomorrow will be anxious for itself"	v. 34

RIISING ABOVE
A N X I E T Y

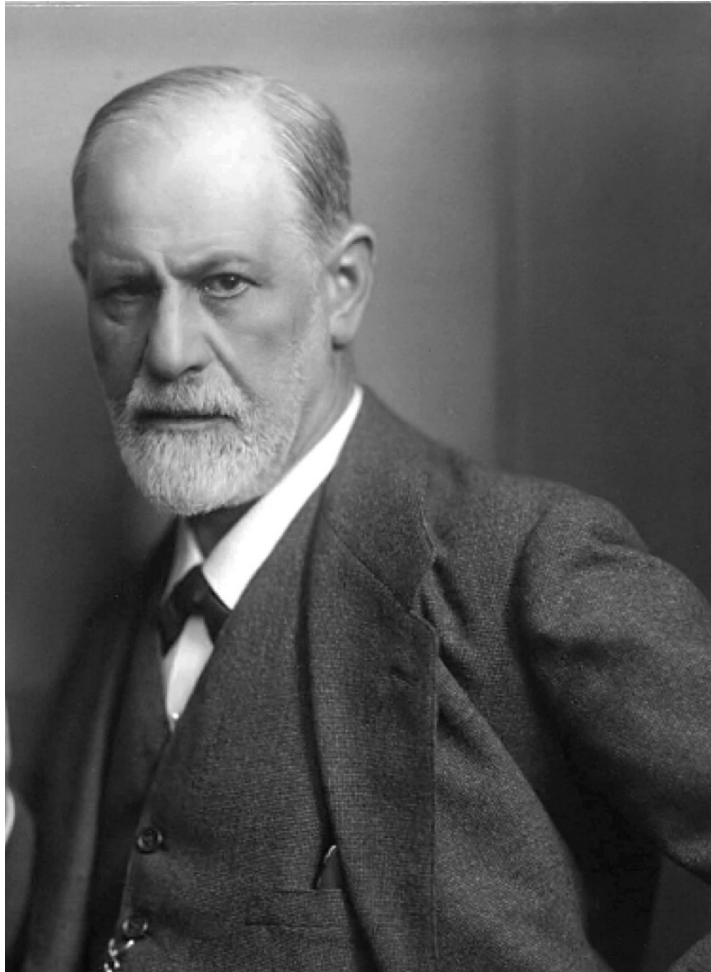
1. The master of anxiety - “Therefore I tell you”



Sigmund Freud



“There is no question that the problem of anxiety is a nodal point at which the most various and important questions converge,



“a riddle whose solution
would be bound to throw
a flood of light on our
whole mental existence.”

Sigmund Freud

“No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.”

Matthew 6:24

“Therefore I tell you, do not be anxious about your life ...”

Matthew 6:25a

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

1 Peter 5:6-7

1. The master of anxiety
2. The **meaning** of anxiety - “Do not be anxious about your life”

1. The master of anxiety - “Therefore I tell you”
2. The **meaning** of anxiety - “Do not be anxious about your life”

merimnao = to be anxious,
to take thought for,
to care for

“... that there may be no division in the body, but that the members may have the same **care** for one another. If one member suffers, all suffer together; if one member is honored, all rejoice together.”

1 Corinthians 12:25-26

“For I have no one like him, who will be genuinely **concerned** for your welfare. For they all seek their own interests, not those of Jesus Christ.”

Philippians 2:20-21

“... do not be **anxious** about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

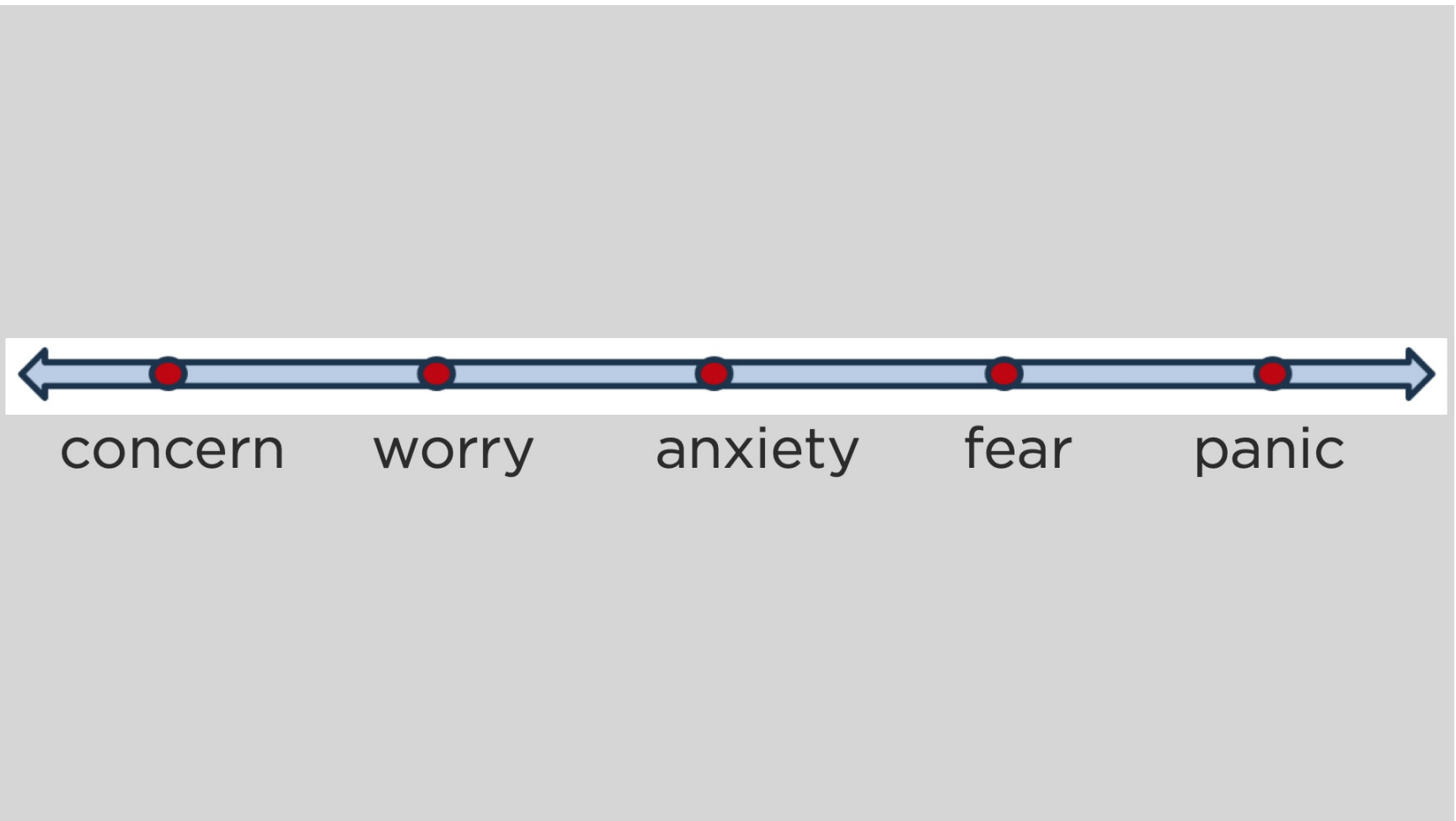
Philippians 4:6

“But Martha was distracted with much serving. And she went up to him and said, ‘Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.’

“But the Lord answered her, ‘Martha, Martha, you are **anxious** and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.’”

Luke 10:40-42

anxiety = an unease with an uncertainty
(often anticipatory)



“Anxiety can feel different at different times, even to the same person. The same trigger can cause different symptoms on different days.

“The most common feeling for me is being trapped inside my head, believing people are talking about me or things are out to get me.

“My heart races and I can’t stop it, yet on the outside people can’t tell anything is going on. Often I need to stop and sit because I can’t put one foot in front of the other.

“Anxiety robs me of sleep. I fear closing my eyes because I’m trapped with my thoughts. Other times I sleep to escape my thoughts.

“Other times anxiety manifests as procrastination. I worry what I do won’t be good enough, so I put things off.”

Ecklund

“I experienced overwhelming thoughts of worry, anxiety, and fear – the trifecta of all three – as I worked through the process of writing and launching my first traditionally published book.

“It began with a thought, then I worried I wasn’t enough. My thoughts raced, then got carried away like a runaway train, turning into fear and anxiety.

“I was overwhelmed and discouraged, and even though I knew the truth in God’s Word, my feelings threatened to overtake me. It was a full-on assault designed to take me out.”

Debbie

Anxiety can come as ...

Anxiety can come as ...

- a concerned **parent** trying to **protect**

Anxiety can come as ...

- a concerned parent trying to protect
- an impatient **customer** trying to **push**

Anxiety can come as ...

- a concerned parent trying to protect
- an impatient customer trying to push
- a false **prophet** trying to **predict**

Anxiety can come as ...

- a concerned parent trying to protect
- an impatient customer trying to push
- a false prophet trying to predict
- a stern **judge** trying to **decree**

Anxiety can come as ...

- a concerned parent trying to protect
- an impatient customer trying to push
- a false prophet trying to predict
- a stern judge trying to decree
- a frustrated **tyrant** trying to **control**

Anxiety can come as ...

- a concerned parent trying to protect
- an impatient customer trying to push
- a false prophet trying to predict
- a stern judge trying to decree
- a frustrated tyrant trying to control
- a destructive **mob** trying to **take over**

1.00



Anxiety can come as ...

- a concerned parent trying to protect
- an impatient customer trying to push
- a false prophet trying to predict
- a stern judge trying to decree
- a frustrated tyrant trying to control
- a destructive mob trying to take over
- a new **student** trying to be **enough**

1. The master of anxiety
2. The meaning of anxiety
3. The **message** of anxiety - “Is not life more than...”

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”

Matthew 6:25

Our Father's abundance calls us to rise above anxiety's deficiencies.

“Is not life more than food, and the body more than clothing?”

Matthew 6:25b



Anne Steele



Anne Steele

- mother died when she was 3



Anne Steele

- mother died when she was 3
- contracted malaria at 14



Anne Steele

- mother died when she was 3
- contracted malaria at 14
- went to boarding school at 16



Anne Steele

- mother died when she was 3
- contracted malaria at 14
- went to boarding school at 16
- thrown from horse and seriously injured at 18



Anne Steele

- mother died when she was 3
- contracted malaria at 14
- went to boarding school at 16
- thrown from horse and seriously injured at 18
- fiance drowned the day before their wedding when she was 21

Lord, teach me to adore thy hand,
From whence my comforts flow;
And let me in this desert land
A glimpse of Canaan know.

Is health and ease my happy share?
O may I bless my God;
Thy kindness let my songs declare,
And spread thy praise abroad.

When present suff'rings pain my heart,
Or future terrors rise,
And light and hope almost depart
From these dejected eyes,

Thy pow'rful word supports my hope,
Sweet cordial of the mind!
And bears my fainting spirit up,
And bids me wait resign'd.

And O, whate'er of earthly bliss
Thy sov'reign hand denies,
Accepted at thy throne of grace,
Let this petition rise:

Give me a calm, a thankful heart,
From ev'ry murmur free;
The blessings of thy grace impart,
And let me live to thee."

Anne Steele

TIPS FOR HANDLING ANXIETY

God made us as an exquisite interconnected system carefully knitted together so that each part affects the whole. Anxiety arises not from one part, but from the interplay of several. To manage it, we need to consider our whole self.

RISE ABOVE ANXIETY



Your Thoughts: Think about what you think about.

1. **Learn to stand back** from your anxious thoughts and consider what's happening.
"We get to decide which thoughts we dwell on" (Johnson).
"Your belief informs your biology" (Jones).
2. **Learn to spot a lie**—even if it's coming from you. Learn to doubt your anxious emotions—are they telling you what is true?
3. **Remember what God has done for you.** Make a list or some memorial to all God has already done for you (See David's list in Psalm 103).
4. **Remember what God has promised you.** Make a list of God's promises to you. Keep it handy.
5. **Pray.** Take anxiety as a cue to pray. Read Philippians 4:6-8.
6. **Consider something beautiful.** Again, read Philippians 4:6-8.
7. **Say "Thank you."** "One heartfelt thank-you will suck the oxygen out of worry's world" (Lucado). Read Philippians 4:6-8, yet again!

Your Body: Get out of your head

1. **Look outside yourself.** Break the habit of being stuck in your anxious thoughts.
2. **Use grounding skills** (on next page) to focus on your surroundings.
3. **Move. Just move.** To look at the ravens and the lilies, you need to move.
4. **Listen to your body.** Anxiety can make you ignore signals from your body, but God designed your body to send those signals.
5. **Find a better rhythm.** Break old patterns that enable anxiety (bedtime, wake time, media use, etc.).
6. **Pay attention to the most critical factors** for physical and emotional health (Daniel): Sleep, Nutrition, Exercise.

Your Actions: What you do affects what you think and feel.

1. **Cut out unnecessary triggers.** Stop comparing yourself to others. Limit social media, which is designed to make you feel like something is missing.
2. **Slow down.** Even though you can't stop everything, make time to slow down when you can.
3. **Plan, humbly.** We need to plan without being anxious by actively conceding that any plan is subject to God's sovereignty (DeYoung) (See Proverbs 16:9, James 4:13-15).
4. **Sing a song.** Beyond being a prayer or reminder, the physical act of singing helps calm an anxious heart.
5. **Go to the body: Get help.** You are part of the body of Christ, "joined and held together by every joint with which it is equipped" (Ephesians 4:16).
6. **Make an anxiety tool kit ...**