

The background features a series of concentric circles in light gray, some solid and some dashed, creating a ripple effect. A large red speech bubble shape is centered on the page, containing the text.

Mental Stability

In a COVID19 Outbreak

Symptoms

ANXIETY

trembling
rapid heart rate
palpitations
increased breathing rate
sweating
muscle tension
feeling nervous
hypervigilance
agoraphobia
panic
sense of impending danger



excessive worry
somatic complaints*
difficulty with thinking, concentration or decision-making
restlessness
agitation
appetite or sleep disturbances
social withdrawal



DEPRESSION


fatigue
irritability
loss of interest in activities
guilt
low self-esteem
worthlessness
helplessness
hopelessness
prolonged grief
persistent sadness
suicidal thoughts

What is Worry?

- In the New Testament one Greek word translated as "worry" is ***merimnao***, which means "to be anxious, to be distracted" or "to have a divided mind" (***merizo***, "to divide"—***nous***, "the mind").

The concept of
worrying
conveyed
throughout
Scripture

- —to be anxious
- —to be concerned
- —to be weighed with cares
- —to be heavy-hearted
- —to be without peace
- —to be distracted
- —to be troubled
- —to be distressed
- —to be despairing
- —to be fretful



"Search me, O God, and know my heart; test me and know my anxious thoughts." ([Psalm 139:23](#))

"Who of you by worrying can add a single hour to his life?" ([Matthew 6:27](#))

What Is the Nature of Worry?

- **Worry is not an inherited weakness**
- **Worry is a blatant sin that is displeasing**

Underlying nature
of Worrying is...

Disbelief

Worry reveals that you really don't believe God when He says He will provide all that you need.

"The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail." ([Isaiah 58:11](#))

Underlying nature of Worrying is...

- **Disobedience**

Worry reveals that you are taking on personal responsibility and concern for that which God has already promised to provide.

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'"
([Matthew 6:25-31](#))

Underlying
nature
continued

Destruction

Worry destroys your physical body, which is the *"temple of the Holy Spirit."* It can bring about a host of physical ailments, such as high blood pressure, heart trouble, headaches, colds and other stomach disorders.

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body." (1 [Corinthians 6:19-20](#))

Underlying
nature
continued

Dishonor

Worry shifts the focus of attention from the all sufficient power of Christ to your human insufficiency and insecurity. Ultimately, worry can undermine your Christian witness by presenting God as impotent and unworthy of praise.

"In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven." ([Matthew 5:16](#))

A red speech bubble graphic with a white outline, containing the text 'Focus of Worry'. The bubble has a tail pointing downwards and to the right.

Focus of Worry

A specific characteristic of worry is a negative focus on the future. If you are a worrier, you are spending time speculating on what may or may not happen and then fearing the worst.

Worrying Rooted in Self-talk

"What if I lose my job?"

"How will I pay my bills?"

"What if I can't find another job?"

"What if my spouse leaves me?"

"How will I make it alone?"

"What will people think?"

"What if my teen gets into trouble?"

"How will it impact my life?"

"What will be my treatment possibilities?"

"How will I deal with it?"

"What will my options be?"

"What if my parents become incapacitated?"

"How will I pay for long-term care?"

"What if my spouse has an affair?"

"How will I ever forgive?"

"What will I tell the children?"

"What if I have cancer?"

Worrying is a
tool

Destructive	Constructive
• paralyzes	• motivates
• decreases creativity	• increases creativity
• prevents initiative	• promotes initiative
• results in anxious fretting	• results in calm focusing
• attempts to control the future	• attempts to improve the future
• fears the worst	• hopes for the best
• appears negative to others	• appears positive to others
• distracts the mind from what is important	

Characteristics of a Worrier

Worry is like a thief in the night that steals your spiritual peace.

"The one who received the seed that fell among the thorns is the man who hears the word, but the worries of this life and the deceitfulness of wealth choke it, making it unfruitful." ([Matthew 13:22](#))

Are You Snared in the Web of Worry?

"Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe." ([Proverbs 29:25](#))

"For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me" ([Job 3:25](#))

Total Impact

Emotional

Are you fearful of what others think about you?

Are you overwhelmed with fear of the future?

Are you dismayed when you hear bad news?

Are you fretful when an unjust person succeeds?

Are you anxious over unresolved relationships?

Are you terrified of death?

"The troubles of my heart have multiplied; free me from my anguish." ([Psalm 25:17](#))

Physical

Are you having difficulty sleeping?

Are you losing your appetite?

Are you overeating?

Are you experiencing headaches?

Are you having stomach problems?

Are you struggling with maintaining good health?

"All his days his work is pain and grief; even at night his mind does not rest. This too is meaningless." ([Ecclesiastes 2:23](#))

Luke 12:22-34

Worrying is Worthless

- Remember, life is more than food and clothes ([v. 22](#))
- You'll miss the meaning of life ([v. 23](#))
- Remember, God feeds the birds and will be sure to feed you ([v. 24](#))
- You can't extend the length of your life ([v. 25](#))
- It is an exercise in futility ([v. 26](#))
- You waste your time and energy ([v. 27](#))
- You exhibit alack of faith ([v. 28](#))
- You set your heart on tangibles instead of trust ([v. 29](#))
- You are like unbelievers, refusing faith in God ([v. 30](#))
- You are not making God's kingdom your priority ([v. 31](#))
- You are forgetting what the Father has already given you ([v. 32](#))
- You are thinking more of yourself than of others ([v. 33](#))

Philippians 4:6-9

God's Word On Worrying

•What does *God* say to you about worrying?

"He says I am not to worry ([v. 6](#))

•What does *God* say you should do instead of worrying?

"He says I am to express my concerns to Him in prayer ([v. 6](#))

•What does *God* want you to pray about?

"He says bring everything to Him ([v. 6](#))

•What kind of attitude does *God* expect you to have?

"He says I am to have a heart of praise and thankfulness." ([v. 6](#))

•What does *God* promise if you give Him your worries?

"He says I will have incomparable peace of heart and mind." ([v. 7](#))

•What does *God* say you should focus your thoughts on?

"He says I should replace my negative thoughts with those that are truthful, noble, right, pure, lovely, admirable and praiseworthy." ([v. 8](#))

•What does *God* say about how you should act?

"He says I am to act in a way that reflects His character." ([v. 9](#))

God's Way

- Acknowledge what you worry about.
 - —Read [Philippians 4:8](#) carefully one point at a time.
 - *"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." ([Philippians 4:8](#))*
- Evaluate every worry against each point.
 - Ask, "Are my thoughts true... noble... right... pure... lovely... admirable... excellent... praiseworthy?"
- Change your focus from *worrying* to *resting* in God's sovereignty.

"The lions may grow weak and hungry, but those who seek the LORD lack no good thing." ([Psalm 34:10](#))

Things You Can Do

- **Limit your exposure to depressing or stressful content.** This means in the media, books, movies, newspapers, and TV shows. No more than one hour per day.
- **Limit junk food intake.** When you are stressed, sugar, salt, and fat taste much better; unfortunately, they also make your body feel worse.

Things You Can Do

- Be kind to yourself. Remind yourself that you are doing as much as you can.
- Get 3-4 hours of aerobic exercise every week, split into at least 3 different days. Exercise is a natural antidepressant.
- Get 6.5-7.5 hours of sleep each night. Less sleep than that makes you irritable, tired, less productive, and less effective.
- Plan at least one pleasant thing to do every day. If you don't plan it, it won't happen

Things You Can Do

- **Self-soothe with your senses.** Look at pretty pictures or pictures of people you love. Listen to calming or uplifting music. Fill your home with smells like from candles, scents, and foods. Take long baths and pet your pets. Savor your favorite foods.
- **Engage in a hobby that has nothing to do with work or relationships.** That way, when other things in your life are stressful, you can still enjoy your hobby.
- **Have at least one person in whom you can confide:** a family member, friend, minister, priest, rabbi, or therapist.

Things You Can Do

- Ask yourself what gives you joy and what gives you meaning? Increase the amount of time you spend doing both.
- Develop a self-care action plan. Split it into five sections: mental, physical, emotional, social, and spiritual. Do at least one thing from the plan each day, and one thing from each category each week.

Things You Can Do

- **Pace yourself.** Monitor yourself for fatigue, irritability, poor focus, marked anxiety, or other signs that you may be feeling stressed or overwhelmed. It's natural to have these feelings right now, but it can also be a sign that you need to slow down, simplify, or take a break. If we run on empty, we can't care for ourselves, our loved ones, or our communities.

Thanks for
joining us

■ **Any Question?**

Works Cited

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