

1 THE ANXIETY MACHINE

2 Worries Galore

- Economic Worries – 15.1 Million Americans out of work. Jobless rate of 9.8%. Some say the real unemployment number is at 17%.
- Health Worries – H1N1 (Swine flu)
- Global Conflict Worries – Iran’s attempts to build a nuclear weapon.
- Terrorist Worries – Home grown Muslim Extremists now a real threat.

3 Good News

- The Department of Homeland Security has come to our rescue.
- They have developed an Anxiety Machine.
- Using Future Attribute Screening Technology (FAST) they are able to pinpoint nervous people at airports and other public places.
- Theory – People in the process of doing harm to others are anxious and nervous.

4 How it Works

5 How it Works

6 Issues

- Privacy Issues – It basically subjects everyone to a medical exam.
- Reliability of Technology
 - Aren’t many who travel a little bit nervous or anxious?
 - Can’t external factors not related to harming people make us nervous? (i.e., financial woes, personal problems, swine flu, crazy terrorists, foreign dictators with nuclear weapons, etc.)
 - Everyone with stress problems is singled out and put through more stress.

7 High Anxiety

- Men will faint from terror, apprehensive of what is coming on the world, for the heavenly bodies will be shaken. (Luke 21:26 NIV)
- You will keep in perfect peace him whose mind is steadfast, because he trusts in you. (Isaiah 26:3 NIV)

8 Worrying

- My biggest regret in life . . . has been worrying!
- However, Christians sad to say, like most people, do worry. Why is this?
- So is there anything we can learn from the Bible to help us to have perfect peace in the midst of stressful times?

9 4 Reasons not to Worry

- Worrying Accomplishes Absolutely Nothing.

- Can all your worries add a single moment to your life? Of course not. “And why worry about your clothes? Look at the lilies and how they grow. They don’t work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are.” (Matthew 6:27–29 NLT)

10 4 Reasons not to Worry

- Worrying is Not Good for You.
 - Worry weighs a person down; . . .
(Proverbs 12:25 NLT)

11 4 Reasons not to Worry

- Worrying is the Opposite of Trusting God.
 - And if God cares so wonderfully for flowers that are here today and gone tomorrow, won’t he more surely care for you? You have so little faith! (Matthew 6:30 NLT)
 - Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus. (Philippians 4:6–7 NLT)

12 4 Reasons not to Worry

- Worrying Puts Your Focus in the Wrong Direction.
 - “So I tell you, don’t worry about everyday life—whether you have enough food, drink, and clothes. Doesn’t life consist of more than food and clothing?” (Matthew 6:25 NLT)
 - “So don’t worry about having enough food or drink or clothing. Why be like the pagans who are so deeply concerned about these things? Your heavenly Father already knows all your needs, and he will give you all you need from day to day if you live for him and make the Kingdom of God your primary concern.” (Matthew 6:31–33 NLT)
 - Give all your worries and cares to God, for he cares about what happens to you. (1 Peter 5:7 NLT)

13 thyPhone

14 Coping is a Skill

15 Faith Not Fear

- Jesus predicts terrible times ahead.
 - “Be always on the watch, and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man.” (Luke 21:36 NIV)
- Jesus encouraged his disciples to keep their heads up and their knees down and pray for strength to weather the storm.
- However, “when the Son of Man comes, will he find faith on the earth?” (Luke 18:8 NIV)

16 Faith not Fear

- Are our anxieties setting off alarms everywhere we go?
- If so, it might be a good time to step back and take a deep breath and cast our cares on Him who is able to “make all things new.”

17 Faith not Fear

- There is no better way to lower:
 - Our heart rate . . .
 - Our blood pressure . . .
 - Our body temperature . . .
 - Our anxious spirit . . .

18 Anxiety Cured

19 Are You Stressed Out?

20 Prayer Example

- Dear Lord,
- I need you now because I am worried about _____. I take each burden, one by one, and lay them at your feet. Please carry them for me so that I don't have to. Replace them with your humble and gentle yoke so that I will find rest for my soul today. I receive your gift of peace of mind and heart. Thank you that I can lie down tonight in peace and sleep. I know that you, Lord, will keep me safe. I am not afraid because you are always with me. Please keep me daily, Lord, in your perfect peace.
- Amen

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