

# WHEN YOU'RE NOT OKAY

The spiritual side of mental health.

## Part 4: The Spiritual Side of Anxiety // Jeff Brodie // January 29, 2023

We all know someone who is dealing with anxiety—or perhaps you yourself are dealing with it. As we survey the world around us, there are many tools and resources to help, but what about the spiritual side of anxiety? In this message, we'll look at the practice of peace laid out by the apostle Paul.

**Scripture:** [Philippians 4:4, 6-9 NLT](#); [Lamentations 3:21-24 NLT](#)

**Bottom Line:** Peace is a practice.

### Getting Started:

1. Have you or someone close to you experienced worry or anxiety? What would you describe as the hardest part(s) of dealing with these feelings?
2. Jeff asked how you fill the gap of *known* \_\_\_\_\_ *unknown* or *present* \_\_\_\_\_ *future*. What is your typical initial reaction?
3. Corrie Ten Boom said, "Worry doesn't empty tomorrow of its sorrows; it empties today of its strength." How have you seen this to be true?

### Diving In:

4. Jeff explained a psychological framework called the "window of tolerance." Take a few moments to unpack this concept with one another. Does it resonate with your experience?
5. Read [Philippians 4:4](#). The apostle Paul begins by talking about joy in the Lord. Why do you think joy is something that so many people say they are missing? Do you see this in your life? How are experiencing joy and overcoming worry/anxiety connected?
6. Read [Philippians 4:6-9](#). In these verses, Paul lays out a practice of peace. Can you recap the three steps of this practice? (i. Pray about everything and tell God what you need. ii. Thank God for what he's already done. iii. Refocus your thoughts.) Which of these steps is the most challenging for you to implement and why?
7. Jeff said, "Prayer isn't about changing your circumstances; it's about choosing who you trust." What does this mean? And if true, how should this impact your prayer life?
8. Craig Groeschel wrote, "Our life is always moving in the direction of our strongest thoughts." How would consistently applying the grid from [v. 8](#) make a tangible difference in your thoughts—and ultimately in your life?

9. Read [Lamentations 3:21-24](#). What makes it possible for the prophet Jeremiah to “dare to hope” in spite of his difficult circumstances? When was the last time you rehearsed God’s faithfulness and mercy toward you? Share with your group how the Lord has shown himself strong in your life in the past, and how this gives you hope for the present and future.

**Moving Forward:**

This week, when you feel worry or anxiety coming to the surface, choose to act on the three steps that Jeff outlined and practice peace. If you find yourself overwhelmed by the steps, a [trained Christian counsellor](#) may be helpful. Remember, the goal isn’t instant peace, but rather a practice that grows your trust in your relationship with God.

**Changing Your Mind:**

*Yet I still dare to hope when I remember this: The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. I say to myself, “The Lord is my inheritance; therefore, I will hope in him!”*

*Lamentations 3:21-24 NLT*