

WELCOME

Our Mission is to . . .

- Connect you to Jesus
- Connect you to His community for discipleship
- Connect you to your mission and purpose in life

We are not here to tell you what to wear, eat, listen to, vote for, or even believe. These are things you must determine for yourself if you want to have real faith. We are here to give you truth, facts, tools and point out that every choice, every belief, and every action you make is tied to an outcome in your life. You can't do life without developing a strong foundation and becoming a person of substance. This is your journey, your discovery, and you will reap the benefit of the work you do.

FHNew - Our mission as a church is to do everything we can to help you grow your faith. If you would like to get to know us a little better or begin or continue your journey of faith, text **FHNew** to **53123** and we will send you a link to a few short videos about Foothills Church, or stop by the **Connection booth in the Atrium.**

FHBaptism - One important step in your faith journey is being baptized. To learn more about baptism, text **FHBaptism** to **53123** and we will send you the teaching on Believers' Baptism.

ONGOING

- [Moms groups](#) (links)
- [Bible Recap](#) – read through the Bible
- **Weeds in My Garden** – 8 week sermon series (started February 4), on **Mental Health** -- suicide, self-harm, stress/anxiety, burnout, low self-esteem and depression.
 - **Pray the Holy Spirit** gives Pastors Doug and Harv the words that people need to hear
 - **Pray for the staff** who will be fielding questions on topics of which we are not experts as well as reaching those in our community who are feeling isolated and alone
 - **Pray about whom you might invite**: friends, family members, co-workers. Everyone wrestles with these issues or has a loved one who does, and we can all use tools in our toolbox to navigate life
 - **Testimonies**: If you have a testimony or story that could help someone, please tell it. You can **use the QR code** on the screen to sign up.
 - **Counselors**: We are looking for partners in this series. If you are a counselor or mental health professional and would like to be a resource for those in need, scan the QR code for a link to the **Counselor Info Form**.
 - **Parents**: If you typically bring your kids (6th grade and under) to the auditorium for church, during this sermon series I encourage you to take advantage of our kids' ministry for this series. We don't want to put ideas in their heads that you will have to navigate as a parent.
- **Master Course: The Nature of God** – 6-week course **started Thursday, February 15**, 6:30-8 pm in the Youth Center. Purpose: Encourage mature and growing Christians to the next level in their knowledge and understanding of God. **Additional courses will be coming.**

INTRODUCTION

We are in a series called **Weeds In My Garden**, an honest conversation about mental health.

Today's topic: Worry and Anxiety

- For an in-depth study, listen to the **Salty Pastor Episodes 379-380** on YouTube

Bible Study (NASB)

Psalm 13:2 *How long am I to feel anxious in my soul, with grief in my heart all the day? How long will my enemy be exalted over me?*

Psalm 94:19 *When my anxious thoughts multiply within me, Your comfort delights my soul.*

Psalm 139:23 *Search me, God, and know my heart; Put me to the test and know my anxious thoughts;*

Philippians 4:6-7 *Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.*

Matthew 6:25-34 *"For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is life not more than food, and the body more than clothing? 26 Look at the birds of the sky, that they do not sow, nor reap, nor gather crops into barns, and yet your heavenly Father feeds them. Are you not much more important than they? 27 And which of you by worrying can add a single day to his life's span? 28 And why are you worried about clothing? Notice how the lilies of the field grow; they do not labor nor do they spin thread for cloth, 29 yet I say to you that not even Solomon in all his glory clothed himself like one of these. 30 But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! 31 Do not worry then, saying, 'What are we to eat?' or 'What are we to drink?' or 'What are we to wear for clothing?' 32 For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. 33 But seek first His kingdom and His righteousness, and all these things will be provided to you. 34 "So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own."*

What we know:

- Worry and anxiety are real
- Worry and anxiety interfere in your life
 - They are not good things: They have a negative impact on your relationships, your own self-perception, the ability to enjoy your life, experience the blessing of life, and be at peace
 - Worry short circuits your capacity to live authentically
- Worry and Anxiety make your purpose or your direction in life foggy

- You must make an intentional effort to face the worry and anxiety in your life -- this is part of what it means to grow up, to mature

There is something going on in our society that is increasing the worry and anxiety.

- ADAA (Anxiety and Depression Association of America): 20% of the adult population suffers from anxiety disorder
 - It is the most common mental disorder
 - Even though it is highly treatable, less than 1/3 seek treatment
- According to the National Institute of Health (NIH), 32% of teens 13-18 years old have anxiety disorder – that's 1 in 3
 - The rate has been increasing by 20% every 5 years

Worry and Anxiety defined

- **Worry** is a mental response to an actual situation in your life
- **Anxiety** is a visceral response (physical, emotional) to a non-existent situation in your life
- A habit of worry creates a pattern of anxiety

I want to explain why this must be viewed thru a Biblical perspective, a framework of reality. These things are deeply rooted in the scriptures.

The 4 Buckets: Searching for causes for the increase in worry and anxiety

- **Situational:** Our society has deconstructed the social norms that created stability
 - **Family structure.** Research points to the fact that kids who are raised by two biological parents, who have rules and consistently enforce them turn into the most psychologically stable, healthy, and successful adults. Therefore, if you are a parent and you are married to the father or mother of your children, but you are a permissive parent, have no rules or undefined rules, and an unwillingness to consistently enforce the rules, you are going to produce anxious adults
 - **Access to drugs and alcohol,** particularly for minors. There is a direct correlation between the increase in anxiety among young people into their young adult years, and the legalization of marijuana
 - **Educational philosophy.** In our public educational system, the educational philosophy has changed dramatically: the emphasis is now placed on how a student feels as opposed to whether or not they are gaining competency, which produces anxiety later in life

- **Biological:**
 - The biological element that must be explored is **diet**. There is more research coming out showing how diet affects your mental health. I'm looking forward to more extensive research in this area
 - **Physical Activity**. The lack of physical activity, especially among teenagers, is a major contributing factor to anxiety
 - **Sexual activity**: The physiological aspect of sexual activity is proven
- **Clinical: the issue of neurological pathways**
 - Worry is different than anxiety
 - Anxiety is often clinical and must be treated in a clinical sense
- **Spiritual**
 - The failure of secularism to answer the big questions in life: Does life have a point? Is there any reason for your existence? Do you have a purpose?

In pointing these things out, it becomes obvious why anxiety is the # 1 mental disorder. It also shows that no one has to be held captive to anxiety or worry.

In the **Matthew 6** passage, Jesus points out basic steps you can take:

- Choose freedom: *"Do not worry about your life...."*
- Clearly identify: *"Do not worry then, saying, 'What are we to eat?' or 'What are we to drink?' or 'What are we to wear for clothing?'"*
- Set the right priorities: *"Seek first the Kingdom of God...."*

DISCUSSION QUESTIONS

1. When you understand that social trends increase anxiety, how important is it to focus on living an anxious-free life?
2. In what areas of your life do you need to focus on being less anxious?
3. What spiritual priorities can you set that will strengthen your spirit against anxiety?