

“Anxiety”
ENGAGE: Discipling Our Kids through Everyday Conversations
Harvest Orthodox Presbyterian Church
October 14, 2020

Introduction

- Isaiah 35:3-6
- Psalm 94:19
- Psalm 131:1-3

What about Your Anxiety?

- A Text to Ground Us: Jeremiah 17:5-8
- A Map to Guide Us: “Life as God Sees It, Change as God Does It”*

“Heat”

“Fruit Tree”

“Thornbush”

Our Redeemer

What about Your Child’s Anxiety? Six Ways to Engage in Wise and Loving Conversation**

1. What are you anxious about? Let’s name the _____.
2. How does your anxiety show itself? Let’s spot the _____.
3. Why are you anxious? What are you _____ and _____?
4. Behold our God! What better _____ does he give you not to worry?
5. Our God bids us to _____. So, let’s come to him, talk to him, hope in him.
6. Our God calls us to _____. So, let’s do what needs doing today.

How Does the Wonderful Counselor Still Our Anxious Hearts?

- Luke 12:22-34
- What do we learn from *what* he says, *how* he says, and *why* he says?

Conclusion

*Adapted from the model of biblical change developed by David Powlison for CCEF’s “Dynamics of Biblical Change” course.
**Adapted from David Powlison, “Don’t Worry,” *Journal of Biblical Counseling* 21, no. 2 (2003): 64-65.

Resources for Further Study

Booklets

- *Helping Your Anxious Child: What to Do When Worries Get Big* by Julie Lowe
- *A Small Book for the Anxious Heart: Meditations on Fear, Worry, and Trust* by Edward T. Welch

Articles

- “‘Peace, be Still’: Learning Psalm 131 by Heart” by David Powlison in *Journal of Biblical Counseling* 18, no. 3 (2000) 2-9.
- “Don’t Worry” by David Powlison in *Journal of Biblical Counseling* 21, no. 2 (2003) 54-65.