



Addressing Anxiety with Faith

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Anxiety: Matthew 6:25-32

²⁵ “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 than food, and the body more than clothes? ²⁶ 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? ²⁷ Can any one of you by worrying add a single hour to your life^[e]?”



Anxiety: Matthew 6:25-32

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ 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—you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them.

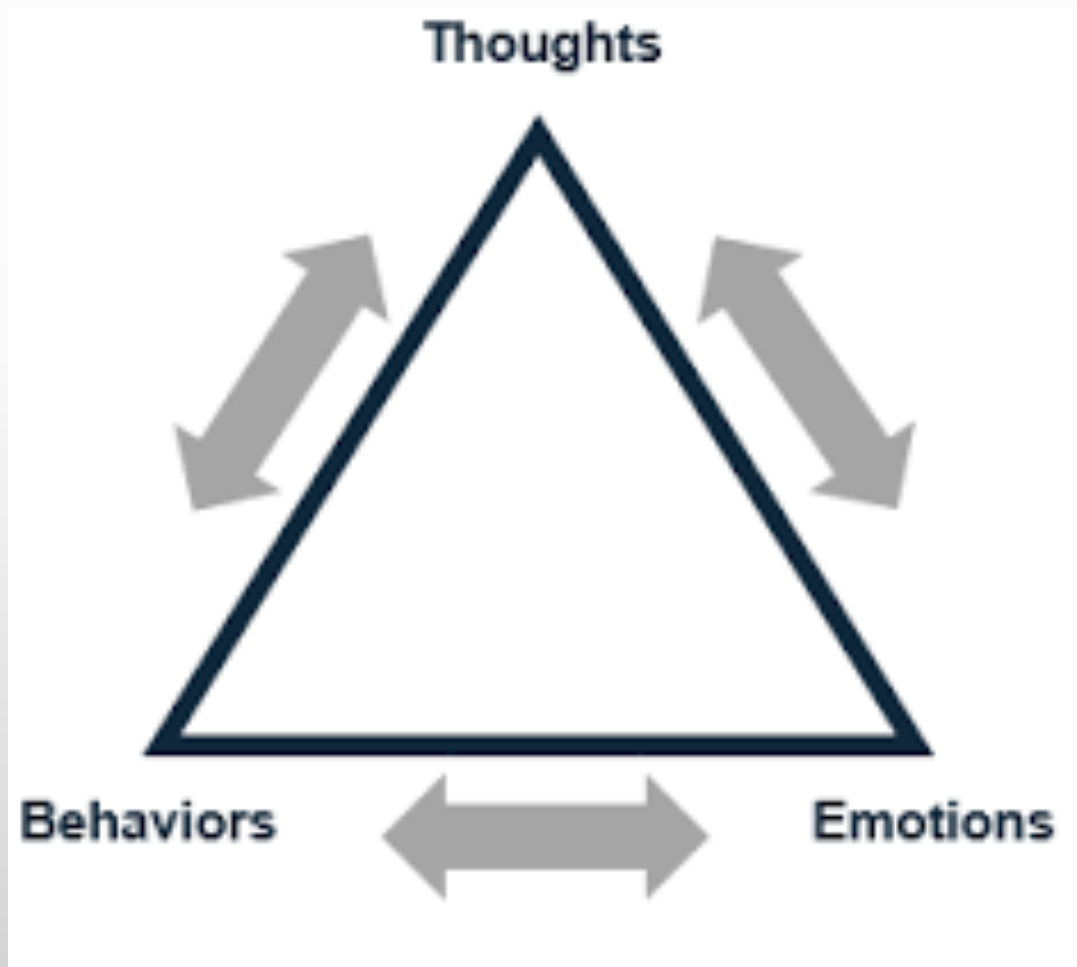


Anxiety: Matthew 6:25-32

- What is anxiety?
 - Worry, fear, impatience
 - Jesus implores us not to worry
 - But this is really hard!
 - How can we do this?



The Cognitive Behavioral Triangle





Addressing Anxiety

- Matthew 6
 - Jesus uses a cognitive technique
 - Observe: “I don’t have enough _____”
 - Or: “He has more _____ than I do”
 - This causes fear/anxiety
 - Reframe:
 - “Lack of food/clothes” issue → “Lack of faith” issue



Applying a Cognitive Technique

- Coworker walks by without saying a word

Automatic Thought	Emotion	Behavior
She's angry with me...what's wrong with her, she's so mean	Anger at her	Revenge, don't volunteer to help her on the next project
She doesn't like me...no one likes me...	Sadness, depression	Don't take initiative, stay home and watch movies all day



Applying a Cognitive Technique

- Now, change the thought
- What is another way to look at what happened?
- What is most likely true?

New Thought	Emotion	Behavior
There must be something on her mind	Empathy	Reach out, take initiative, pray
She just came from a meeting that was really important and may feel stressed	Empathy, curiosity	Reach out, ask her how she's doing



Applying a Cognitive Technique

- Job searching for 3 months with no job

Automatic Thought	Emotion	Behavior
I'm never going to get a job	Fear, worry, panic	Pacing around, avoidance, procrastination, alcohol...
God is not providing for me/doesn't care	Anger, abandonment	Avoid God and His people



John 9:1-7

- **Jesus Heals the Man Born Blind**

As he went along, he saw a man blind from birth. ² His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?”

³ “Neither this man nor his parents sinned,” said Jesus, “but this happened so that the works of God might be displayed in him. ⁴ As long as it is day, we must do the works of him who sent me. Night is coming, when no one can work. ⁵ While I am in the world, I am the light of the world.”



John 9:1-7

⁶ After saying this, he spit on the ground, made some mud with the saliva, and put it on the man's eyes. ⁷ "Go," he told him, "wash in the Pool of Siloam" (this word means "Sent"). So the man went and washed, and came home seeing.



Lesson from John 9

- Jesus reframes the conversation
- “What’s wrong” → “What can be done”



Matthew 8:5-13

The Faith of the Centurion

⁵ When Jesus had entered Capernaum, a centurion came to him, asking for help. ⁶ “Lord,” he said, “my servant lies at home paralyzed, suffering terribly.”

⁷ Jesus said to him, “Shall I come and heal him?”

⁸ The centurion replied, “Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed. ⁹ For I myself am a man under authority, with soldiers under me. I tell this one, ‘Go,’ and he goes; and that one, ‘Come,’ and he comes. I say to my servant, ‘Do this,’ and he does it.”



Matthew 8:5-13

¹⁰ When Jesus heard this, he was amazed and said to those following him, “Truly I tell you, I have not found anyone in Israel with such great faith. ¹¹ I say to you that many will come from the east and the west, and will take their places at the feast with Abraham, Isaac and Jacob in the kingdom of heaven. ¹² But the subjects of the kingdom will be thrown outside, into the darkness, where there will be weeping and gnashing of teeth.”

¹³ Then Jesus said to the centurion, “Go! Let it be done just as you believed it would.” And his servant was healed at that moment.



Faith of the Centurion

- What was so impressive to Jesus about the Centurion's faith?
- Servant is paralyzed and suffering
- Jesus offers to come to him
- Centurion refuses—he has faith
 - That Jesus has the power to heal his servant
 - That Jesus can heal without even going to him



Faith of the Centurion

- V. 13 “Then Jesus said to the centurion, “Go! Let it be done just as you believed it would.” And his servant was healed at that moment.
- The Centurion **LEAVES**
- Here is the faith—Centurion behaved as though what he believed was true, even before knowing for sure



Applying the Faith of the Centurion

- ACT as if the best case were true
- Take the paper and fold into thirds
- Write down your worries/fears

Worries/Fears	Best Case Scenario	How would I act if the best case were true?
I will never get a job	I get a good job soon	Celebrate and give thanks to God
My child will continue in his stubborn ways and be a bad kid	He miraculously changes and is less stubborn	I would compliment him and encourage him



Commit to Action

- Choose one thing you do TODAY
- Help keep each other accountable