

# MESSAGE NOTES



***"FAITH & MENTAL HEALTH"***

*Creating a Caring Community*



*Including: "Helps to Staying Sane  
in an Insane World"*

**SUNDAY, MARCH 6TH, 10:00AM**

MESSAGE TITLE:

**"WHY SO MUCH SUFFERING, PAIN &  
DISTRESS IN OUR WORLD?"**

Series: ***"FAITH & MENTAL HEALTH:  
Creating A Caring Community"***  
***(Part 2 - "Aniexity Disorders")***

Including: *Helps to Staying Sane in An  
Insane World*



## #1) Mental Illness & Sickness are forms of DECAY of a FALLEN World

### Romans 8:19-23 (TLB)

19 For all creation is waiting patiently and hopefully for that future day when God will resurrect his children. 20-21 For on that day thorns and thistles, sin, death, and decay—the things that overcame the world against its will at God's command—will all disappear, and the world around us will share in the glorious freedom from sin which God's children enjoy.

22 For we know that even the things of nature, like animals and plants, suffer in sickness and death as they await this great event. 23 And even we Christians, although we have the Holy Spirit within us as a foretaste of future glory, also groan to be released from pain and suffering. We, too, wait anxiously for that day when God will give us our full rights as his children, including the new bodies he has promised us—bodies that will never be sick again and will never die.



## #2) GOD NEVER FORSAKES or ABANDONS us to Suffering

### Romans 8:35-39 (NLT)

35 Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? 36 (As the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep.") 37 No, despite all these things, overwhelming victory is ours through Christ, who loved us. 38 And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. 39 No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.



**POINT #3) The BROKENESS & SUFFERING of a FALLEN World Should POINT us to CHRIST**

**Romans 5:12,14-17 (NIV)**

**Death Through Adam, Life Through Christ**

12 Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned—...

...14 Nevertheless, death reigned from the time of Adam to the time of Moses, even over those who did not sin by breaking a command, as did Adam, who is a pattern of the one to come.

15 But the gift is not like the trespass. For if the many died by the trespass of the one man, how much more did God's grace and the gift that came by the grace of the one man, Jesus Christ, overflow to the many! 16 Nor can the gift of God be compared with the result of one man's sin: The judgment followed one sin and brought condemnation, but the gift followed many trespasses and brought justification. 17 For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ!



# ANXIETY DISORDERS:

## Prevalence

Over 40 million adults in the U.S. (19.1%) have an anxiety disorder

The Oxford English Dictionary defines anxiety as an “**uneasiness about some uncertain event.**”

## Fear and Anxiety

The difference between fear and anxiety is twofold:

- First, **Fear** is normal and nonpathological (not indicative of a disorder). **Anxiety** may either be normal or abnormal (i.e., pathological).
- Second, the stimuli that elicit fear do so universally in humans (or at least in specific cultures). The stimuli that produce anxiety are typically neutral and unique to the individual.

## Symptoms of Fear & Anxiety

- Thoughts seem to speed up and/or become fragmented.
- The mind may go blank.
- Recalling even simple things may become impossible.
- Thought content is dominated by the event.
- The heart races.
- Breathing increases.
- Muscles tense
- Eyes dilate.
- Body shakes.
- Perspiration flows.



## Pathological Anxiety

- **When is anxiety pathological?**

When it seriously degrades or compromises performance or personal potential.

## Classification of Pathological Anxiety

◇ According to DSM (*The Diagnostic and Statistical Manual of Mental Disorders*), “Anxiety Disorders.” It specifies criteria for the following twelve disorders in which some form of anxiety is the major feature and focus of treatment:

- panic disorder without agoraphobia
- panic disorder with agoraphobia
- agoraphobia without history of panic disorder
- specific phobia
- social phobia
- obsessive-compulsive disorder
- post-traumatic stress disorder
- acute stress disorder
- generalized anxiety disorder
- anxiety disorder due to [specified general medical condition]
- substance-induced anxiety disorder
- anxiety disorder not otherwise specified
  - separation anxiety disorder (only disorder that must have a childhood onset)

## Treatments

- Psychotropic Medications
- Behavioral Therapy
- Cognitive-Behavioral Therapy



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## How Can Churches/Caregivers Respond

- ◇ Caregivers should have and continue to develop appropriate knowledge and skills for pastoral counseling.
- ◇ Caregivers need to gain basic information about the dynamics of anxiety and its impact on individuals, families, and communities.
- ◇ Caregivers need to have a well-developed and up-to-date list of referral resources for people struggling with anxiety
- ◇ Caregivers need to be willing and able to invite counselees into a conversation about their religious beliefs.
- ◇ It is very helpful for caregivers periodically to use illustrations in their sermons that demonstrate their awareness of and openness to persons who struggle with emotional and psychological issues like anxiety.
- ◇ It's important for church libraries and sitting areas to have up-to-date books and resources that appropriately inform people about problems like anxiety and panic.
- ◇ It is helpful for congregations to have opportunities to discuss those things that generate anxiety for them as individuals and as a community.



SOUMC Friends & Family, take one or more of the following quizzes if needed:

## **Mental Health Assessment Test**

These quizzes are NOT diagnostic tools. Mental health disorders can only be diagnosed by a licensed mental health provider or doctor. But assessments can be a valuable first step toward getting treatment. All too often people stop short of seeking help out of fear their concerns aren't legitimate or severe enough to warrant professional intervention.

### **3 Minute Anxiety Test**

<https://www.psycom.net/anxiety-test>

### **3 Minute Panic Disorder Test**

<https://www.psycom.net/panic-disorder-panic-attack-test/>

### **3 Minute Social Anxiety Test**

<https://www.psycom.net/social-anxiety-test/>

## **A Prayer to Focus on God, Not the Anxious Thoughts**

Father, in the midst of my stress and panic, please open my eyes. Show me what You are doing. Remind me that You are greater than all those who are against me. Help me see where You are at work and give me Your joy and encouragement. God, I know that You are strong and mighty. You can carry the weight of all the burdens that I am struggling to carry. I am casting off my worries and tossing them onto You. Thank You for bearing my burdens for me. In the Name of Jesus, who is for me, I make this prayer, Amen.