



Does My Anxiety or Depression Invalidate My Christianity? Part II

2 Timothy 1:7: (KJV) *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*

Special Guest: Kylie Odetta



Everyone at times in their life feels anxiety. Sometimes it is a simple reaction to having to do or say something that we would rather avoid. Other times it is a more powerful reaction that lingers and may even cause us interrupted sleep or a lack of focus. These are feelings of anxiety. They are common and they are solvable. The big issue comes when the anxiety we face becomes a crippling and exhausting current of fear. It sweeps us off our feet and pulls us away from our normal routines with an overwhelming, riptide-like intensity. For some of us, this anxiety can last for months, years or a lifetime. For a Christian, the piercing questions that may arise from this are, where is my reliance on God? Does my crippled response to this fear prove my faith to be nothing more than words? Am I a hypocrite? Hard questions like these deserve strong and decisive answers, and today we will find them.

recap
recap

Last week, in Episode 1124, we had special guests Joan and Jane Landino who are both APRNs. They defined anxiety and depression for us. We talked about diagnosis, treatment and the stigma of mental illness. We also looked at how depression appears in the Bible among some of the great heroes of faith. We reviewed some wonderful Scriptures that offer help, encouragement and strength.

One of the Scriptures we highlighted was Psalm 139 which showed us the sovereignty of God. We can take comfort in the fact that God personally knows who we are. He knows every state of our mind and heart. God can and will help us manage our challenges. Whenever we are feeling anxious or depressed, this is a great “go-to” chapter in the Psalms.

Today we talk with a young woman who went through severe anxiety and was able to establish a pattern as she worked through the problem. Our guest, Kylie Odetta, is a singer/songwriter. She contacted us with a link to a video about her story. We thought it would be of great benefit to the many who struggle with anxiety, so we interviewed her and are happy to bring her story to our listeners.



RICK: All right, folks, we are here today in a very privileged position. We are here with Kylie Odetta, a very young woman who is an incredible singer and songwriter. We communicated, and she got in touch with us about some of the things that she's gone through. We wanted to interview her because here at Christian Questions, we are working on always helping and supporting the Christian community and those around the Christian community, especially



when it comes to issues like anxiety and depression. So, first of all, Kylie, welcome.

KYLIE: Hi. Thanks for having me.

RICK: It's really cool to have you here, and Julie is with me.

JULIE: Hi, Kylie. I was really impressed with all of your videos and how you carry yourself, and really your story. I'm excited to hear more about the details of it.

KYLIE: Thanks.

RICK: Let's get started. We want to talk about your own experience with anxiety and so forth. Let's get some background first. Tell us a little bit about yourself, where you're from, your age, if you don't mind mentioning it, your career in music and so forth.

KYLIE: Hi, everybody. I'm Kylie. I am 22 years old. I was born and raised in Greenville, South Carolina. I started writing music when I was about eight years old, performing when I was 11 and pursuing a full-time music career. I ended up going on to graduate high school a year early and tour the country nationally and internationally. I got to play in the UK and Ireland. So, that was really amazing. I've been doing music my whole life, and I've been so blessed to be able to do that. But along the path of life, you come into different experiences and encounter different emotions, and I ended up battling really crippling anxiety for a period of time. My latest project that I just released, "Roots and Petals," kind of goes through my journey of my battle with anxiety and overcoming it. I am glad to be able to share my story, but it was a difficult process.



We will be playing verses from Kylie's song, "Roots and Petals" throughout the podcast.

RICK: We want to talk about that difficult process. Of all the wonderful things you could tell us, we want to talk about the hard stuff. When did you first notice or feel the anxiety? Was it sudden? Was it gradual? Did you wake up one morning like, what happened to me? Tell us about that.

KYLIE: So, it was a little bit of both, I guess. I think I had experienced anxiety for most of my life, but I didn't have the vocabulary to be able to say, "Oh, this is what I'm experiencing. I'm feeling anxious." I just knew that I kind of had some overwhelming emotions sometimes. I felt things very deeply, and I would every so often have these intrusive thoughts, even when I was a kid, pop into my head that were very alarming or negative, and I didn't know what it was. I would talk to my parents, and they would be like, "Oh, it's just some random crazy thought, let it go." But it was really hard for me to let things go because



I would latch on to a thought and spin and spin and spin on it, which is what anxiety does.

And so later in life, when I was around, I think, 19, 20, this is when I kind of really came into the worst part of experiencing my anxiety, and it was triggered by a big breakup I had. I had some family drama going on, and it was just kind of a transition period of life. A lot was happening all at once, and it sent me into this kind of downward spiral where I really battled anxiety to the point where I felt like I lost my identity, my personality, my confidence. It was so overwhelming every day that I couldn't even function in a normal way anymore. So, it was kind of a bit of both, where I had experienced it most of my life but didn't really know what was going on until this massive triggered moment a couple years ago.

RICK: Okay. That's important because you had that tendency, and one of the things that jumps right out at me from what you were saying is you feel things deeply. With every experience I've ever had with somebody with these kinds of things, that's exactly the same thing. So you've seen it, you've sort of felt it kind of growing on you over time, but then there was an event that took something that was kind of simmering on the back burner and brought it up to the front burner and turned it on high. That's what it sounds like.



KYLIE: Definitely.

JULIE: It's interesting that it's through a period of change when that happens. As long as everything's okay, but when things change, when you're in that in-between stage where things start to manifest. Do you have other family members that go through severe anxiety or are you just the "white sheep" of the family?

KYLIE: I definitely have some extended family members who have lots of emotional, I guess - I don't know if - I guess some have been clinically diagnosed with mental illness, but in my immediate family, not anyone that I know severely experienced anxiety, so it was kind of a new thing. As a joke in a lighter way, when I was growing up, because I was so sensitive and felt things so deeply, it was always encouraged and supported because I was a songwriter and it was like "Oh, you're just a creative type. You feel things very deeply," and it's not necessarily a negative thing. It's beautiful to be able to access those emotions, but it reached a point, like you said, it's like the burner was turned all the way on high, and I could no longer cope and process because those emotions were so high.



Something was potentially simmering in the background and needed the opportunity to manifest itself. When difficult things happened, it blossomed.



Principle:

Seek and honor God's sovereignty. This foundation is for a wall of protection!

Especially for Christians who endure anxiety and depression, this foundation MUST be solid:

1 Peter 1:3-7: (KJV) ³Blessed be the God and Father of our Lord Jesus Christ, which according to His abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead, ⁴to an inheritance incorruptible, and undefiled, and that fadeth not away, reserved in heaven for you, ⁵who are kept by the power of God through faith unto salvation ready to be revealed in the last time. (This is a tremendous promise!) ⁶Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations: ⁷that the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ:



Necessity!

The trials of a Christian are basic and necessary tools to bring glory to God through our imperfect and lowly lives.

1 Peter 4:12-13: (KJV) ¹²Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: ¹³but rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy.

We should praise God for dealing with our deficiencies.



Acceptance of personal reality!

We are ALL broken! Do not be surprised when the hardest trials we face are based on our own deficiencies. This happens to everyone around us all the time.

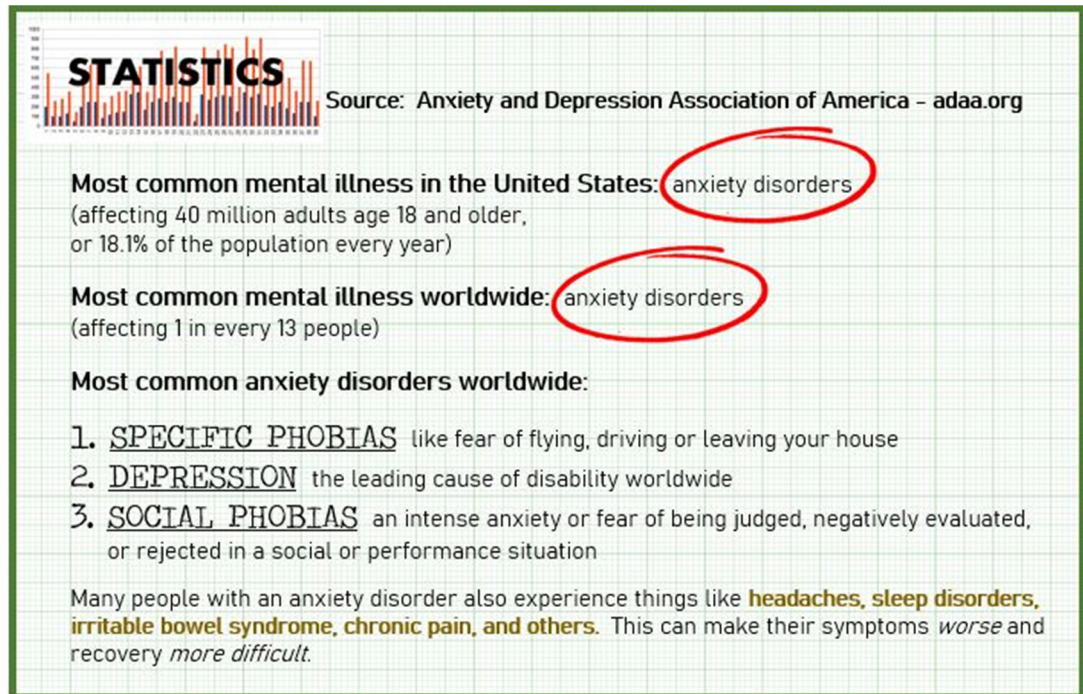
Psalms 51:5: (KJV) Behold, I was shapen in iniquity; and in sin did my mother conceive me.

Our personal battle against anxiety and depression is really the battle to give God command in our lives.



**Knowing why we are fighting is one thing.
How do we figure out the depths of *what* we are fighting?**

The battle to overcome anxiety and depression most often begins as a solitary endeavor with the battlefield being one's own mind. If the battle is left to these conditions, it would result in a demoralizing string of defeats for most. To win, we need to bring light and truth to the battlefield.



If you have anxiety, you are not alone!

Let's return to Kylie as she shares how her anxiety felt.



JULIE: What does it actually feel like? What are the physical symptoms? What are the mental symptoms? I've never experienced an anxiety attack. What happens to you? Do you know it's coming on?

KYLIE: Yes and no. There's a lot of gray area when it comes to this type of stuff because I think it happens a little bit differently for everyone, but there's definitely similarities. I think at first for me it's just kind of an overwhelming looming feeling of unsettledness, and maybe that lingers for days or weeks and you just don't feel like yourself. You feel a little bit out of it. You're in a positive environment, but you're still feeling very sad or negative. Things kind of start to frighten you. This is just me talking about my personal experience. I can't speak for anyone else. For me, I would have a normal day going on, and then I would have something very fearful pop into my head. Instead of being able to shrug it off as, "Oh, that's just a weird emotion or weird thought," or "It's not real," I would latch on and say, "What does this mean? What does this mean for the future? What does it mean for me right now? Does this say something about me?"



All these things start to pop off in your mind rather than, “Oh, that’s funny,” and then moving along, it’s like, oh, my gosh, it felt like there’s this giant black hole, and you can’t see to the other side. It’s almost like every negative experience that happens, that’s the end. This is it. Life cannot go on past this moment. And that’s not true, but that’s what it feels like. It feels like you can’t see past what’s right in front of you, whatever that negative thing is or negative thought or emotion. It’s like the world is ending right here, right now, and that you can’t see a way out of that. Obviously, that’s kind of overwhelming to feel.



RICK: So, you didn’t have any physical symptoms? It was just really in your mind then, in your case?

KYLIE: I did have some physical symptoms; definitely a pit in my stomach like feeling nauseous. I think that’s something a lot of people feel. I would get a sick feeling in my stomach. I never actually got sick, but I would feel like I needed to squeeze myself really tightly and hug myself to make that sick feeling in my stomach go away. So that was one. Then also I would get - and I didn’t know this was happening, but I would get red splotches over my skin. My therapist asked me, “Do you know that your skin is getting very red and splotchy when you’re talking about these things?” I was like, “What?” I didn’t even realize that was something my body was producing, producing this flight mode instead of being calm. Even if I was like, no, I’m fine, she was like, “I don’t think so.”



RICK: That’s another important aspect of this, because what it says is that the anxiety, even though it’s just a thought, and a lot of times we look at it and say, “Whoa, it’s just a thought,” but it permeates your entire being, and then it’s out of control.

KYLIE: Absolutely.



“Roots and Petals,” (Verse one) Kylie Odetta

Though my roots are deep
I can feel my petals withering
and my knuckles bleed
I can hear my mind scream retreat.
Some days I’m growin’ towards the light,
Some days I listen to the lies.
I don’t always feel like tryin’ to hold back the darkness.
Lord knows I fight,
cause when I fight
I know that I can’t lose.
In the face of truth, I’m stronger than you.

We can get stuck - paralyzed inside of our own minds believing no one can or should understand us. This state of mind produces an unsettling vulnerability.



While Satan cannot control our thinking, he can seek to influence our emotions:

1 Peter 5:6-9: (NASB) *“Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, ⁷casting all your anxiety on Him, because He cares for you. ⁸Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. ⁹But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world.*

Who can't he devour? The one who keeps himself sharp before the Lord and is attentive to His voice through the word of God.



Personally, this Scripture is one I will be clinging to. Threats from a mentally ill family member started up again today. My wife and I have a choice to either have anxiety or have peace and trust in the Lord as stated in 1 Peter 5:6-9. We need to turn it over to God and be thankful for the experience. *Be firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world.*

It is not a coincidence that this started today. Our experiences are ordered by God for the good of those around us if we are willing to share them.



Humility in the face of our personal reality!

Satan wants to destroy us and uses our own flaws as the easiest means to do so.

God is willing to protect us. He WANTS to carry our anxiety for us.

Understand these facts and let God work with you and through you.

God wants to carry our anxiety. We need to be willing to hand it over to Him.

The next step in Kylie's journey:



RICK: While you're going through all of this, did anyone ever say to you or imply to you, "You're a songwriter. You're doing this for attention. Grow up. Enough of this over-dramatization." Did you have that experience?

KYLIE: I didn't necessarily have anyone explicitly say the words to me, "You're doing this for attention," or, "Stop," or "You're making this up," but I did feel the need to have to explain myself. It's hard for people to really get inside of your head and your heart and know what you're feeling because we're all experiencing our own emotions. Someone can see, "Okay, they're upset. They're not themselves." They can see that, but they can't actually feel what you're feeling. It's hard for them to gauge, I think, how severe it is.



As for me, I'm very fortunate I did have people in my immediate family who were very patient and compassionate towards me. They were used to my sensitivities and all of that. They did tell me - not necessarily in the moment when I was going through all of that, but after the fact - they talked to me about how they had to be very patient. I'm grateful for that, but it was interesting because I could kind of sense sometimes when I needed to verbally process a lot of what was going on, that's a big way that helped me. I could see and I could feel, and I wondered, are they getting tired of me talking about this so much? Are they getting sick of me having to go over and over the same exact thought process out loud? They're probably so burdened by that, oh, my goodness. Fortunately, they were very compassionate and kind and allowed me to do that, but I definitely felt that strain of, "I should be over this by now. Why do I have to keep talking about it?" I know some people probably have had experiences where people are like, "All right, yeah, sure, we get it." At a point you think people are going to be tired of you having to deal with it and that leads you to not want to talk about it anymore.

RICK: What would you say to somebody going through the kind of anxiety that you've gone through who doesn't have that sympathetic ear close by, who's feeling like you said, you had to explain yourself or express but is not meeting with a positive response to that? What would you say to that person?

KYLIE: A couple of things. There're different things people could do. One, if it's available to them and if they're able to afford it, seeking a professional counselor or a therapist, somebody who's unbiased, who literally has to sit and listen to you talk is really, really helpful. And there's no shame in doing that. It was very beneficial for a period of time. That is definitely an option if you don't have anyone in your own personal life who you feel you can talk to and be honest with. Talking to somebody who doesn't know you, who's paid to have the knowledge to be able to help you process through your emotions, I think is really awesome. Another thing, there is a lot of great online resources, which I also used. I found one specifically on cognitive behavioral therapy. It was an online course that you could do for free, and it was with a real therapist through this community online where I was able to go through these videos and answer these questions, and it helped me as well. That's an online experience you can have to reach out if you don't have a person you could talk to. And then, obviously, talking and praying to God. It's important, I think, to have somebody else you can say things to, because I think there's power in declaring things out loud and getting them into the light so they can be healed. But, obviously, God is the number one resource who's right there for you every day to talk to. So, I definitely made use of that a lot.



The resounding message is to express how you are feeling.

Also, patience is such a necessary and yet difficult piece of this battle. In the New Testament, patience actually means much more than we might think. Here is the word and its root word:



Patience: Strong's #5281 *hupomone*; from 5278; cheerful (or hopeful) endurance, constancy

Patience: Strong's #5278 *hupomeno*; to stay under (behind), to undergo, i.e. bear (trials), have fortitude, persevere

Biblical patience is cheerful endurance under the weight of pressure.

James 1:2-4: (NASB) ²*Consider it all joy, my brethren, when you encounter various trials, ³knowing that the testing of your faith produces **endurance** <5281>. ⁴And let **endurance** <5281> have its perfect result, so that you may be perfect and complete, lacking in nothing.*

Our trials, our difficulties, our anxiety and our depression beg for endurance.

Prayer helps us endure the intensity of our overwhelming experiences.



Battling anxiety and depression is only possible when we have a stable and grounded approach that is prepared for the long haul.

Do the work and then do the work some more.

This battle we fight needs ALL of the building blocks we can find to protect ourselves from anxiety's onslaught.

**This battle is deeply intense and personal.
How do we learn to navigate the battlefield of our minds?**

Two of the ways we find our way through things like this are personal expression and faith. The personal expression can come in a variety of ways and is just as important as the faith portion. We always need to recognize that somehow or other what burdens us inside needs to be let out.

Life has seasons. As in nature, every season is in place as a continuous growth process. Kylie had a very difficult season with overwhelming anxiety.



JULIE: Were you blocked creatively when you were going through this? Do you blossom now that you're on the other side, or were you able to use it for moving forward? You talked a little bit about your new album was part of this. How does the creative process work for someone like you?

KYLIE: Previous to experiencing that depth of anxiety, I wrote pretty often, multiple times a week even. I was very free flowing with my writing and my creativity. When I went through that, I dried up completely. I could not write a song. I didn't want to because it's like everything felt too raw, and I was in the middle of so much. It's kind of funny because songwriters often write



about hard things. You would think when you're going through something like that, it would be helpful to express it. But it was almost too much, and it was almost too scary to write during that time. Like I said, I feel like I lost a lot of my confidence and my identity, so I didn't even want to pick up the pen and write music. For the longest time I just felt like I couldn't.

I really didn't write much during the actual experience of that, which lasted many, many months. But on the other side, as I slowly started to come out of that, I did end up writing music, and that helped continue my journey to healing because "Roots and Petals" was actually the first song I wrote as I was coming out of that season. And then I wrote a couple more on the guitar, which aren't out there. But those first few songs were really healing and helpful for me, because I was able to finally formulate that I'm still in the struggle a little bit, but I'm starting to see the light.



And that for me was very powerful to write about because it's like, I'm going to fight until I feel free and until I'm healed and out of this. To sing words I wrote over myself that are powerful was very encouraging. Since then, as I've completely come out of that season and feel very confident and free and powerful over my anxiety now, it's very empowering to write music about that time. And I still feel very closely connected to it. And I've been able to share songs that I've written in that time and see them impact and help other people. Just as the words ministered to my own spirit while I was writing them and singing them, I now get to see them do that for other people, and it just fuels me more to want to write about important things like this.

JULIE: It seems like people would be able to, especially younger people, look up to you as a role model. Do you find that a lot on your social media, people coming to you with their issues and trying to almost have you be their counselor or their listener? I would think that could be pretty overwhelming for you.

KYLIE: I do have that, and I'm really grateful that people feel they can come to me with their problems, even if it's just through an Instagram message, and I never want to be somebody who turns anyone away. Obviously, depending on the breadth of the issue, I'm no counselor, and I'm no medical professional. But I do have the spirit of God in me, and I do have experiences I can speak from. So, when I can offer advice or help from my own story, I do that. And when I feel it's something that's out of my hands, then I point them towards resources where they can get professional help. But I would never turn anybody away who came to seek advice. And it doesn't feel too overwhelming because I think I'm in a position where I've seen God's power, and I've seen that there is hope. And so, I'm able to offer hope rather than just stay in the dark with them.



RICK: That's an important factor because what that's saying is that you recognize the depth of need, but you also recognize the limitation of where you are. You're not the medical professional, and so to help people, to encourage them, to show them a direction and help them try to get hope...hope and help, is such a powerful tool. I can identify with that because in my own experience it's the same thing.

We appreciate how transparent Kylie was and how willing she was to talk about her experience and offer insights to others. We need to distinguish between anxiety and how it relates to spirituality and faith versus mental health that is based on medical issues. We have to acknowledge that the average person has daily stress and can be anxious.

For that person, Scriptures like - *Be anxious for nothing* - and - *the hairs on your head are numbered* - will be very effective and meditative. For someone who is sick or injured, this alone may not work. It will not hurt and might help, but it will not cure. So, we ask a really important question: Is having an anxiety attack a lack of faith or a physiological response?

IT IS NOT A LACK OF FAITH. Anxiety is a wiring issue in the brain for some people.



I had an experience with a sister in Christ who told me about her anxiety attacks. After our discussion, we identified her cause of anxiety. I have had anxiety attacks and know how they feel. I shared what I learned from my experience. We applied some basic principles, and over time she was able to work through her anxieties.

That is different than fear. The Apostle Peter followed Jesus and walked on water. He was overtaken by fear and he sank. Jesus said, *oh ye of little faith*. It was not a lack of faith. Jesus was telling Peter he had a limited faith that could grow.

The anxiety we have in our daily experiences is different than someone who is overwhelmed by life. That person is someone who needs help. Anxiety is an enemy of the heart. It paralyzes our heart's ability to access true reality.

Expressing our hurt privately or to another as David did through writing psalms, helps us reattach reality to our lives:

Psalm 27:11-14: (NASB) ¹¹*Teach me Your way, O LORD, and lead me in a level path because of my foes.* ¹²*Do not deliver me over to the desire of my adversaries, for false witnesses have risen against me, and such as breathe out violence (This is anxiety over circumstances).* ¹³*I would have despaired unless I had believed that I would see the goodness of the LORD in the land of the living.* ¹⁴*Wait for the LORD; be strong and let your heart take courage; yes, wait for the LORD.*



*Productively
express your hurt!*

**Writing or talking to a trusted friend or professional
about our pain and perceived failure helps us
lift our personal fog and actually see our surroundings.**

We have a listener named Dodie with counseling credentials who wrote us and provided some great suggestions:



Dodie: Write in a journal every day. Keep it hidden so no one else will ever be able to read it. Don't worry about repeating your fears. Whatever is depressing you, making you angry, etc. HAS to come out. It's not a writing assignment; it is called "draining the brain."



Anxious thoughts *multiply* - that is an exponential expansion. Early and often spiritual and medical intervention can cut off that multiplication.

Let's return to Kylie's experience as she goes into the scriptural and spiritual part of her journey.



RICK: It excites me to have listened to your heart in your music because your heart speaks volumes.

JULIE: Obviously, God is a big part of your life. When you were going through this, or even now as a thought of thankfulness, do you have a particular Scripture that you repeat over and over again, or do you have a Bible story that helped you? What do you meditate on scripturally?



KYLIE: Scripture was a big part of my healing journey, and it's still a big part of my story today. A couple of specific verses: 2 Timothy 1:7 which talks about we were not given a spirit of fear but of power and love and of sound mind. That was my banner every day, all day during that season. I said it out loud probably fifty times a day because I didn't feel that way, but I was trying to cling to the fact that that's what God said was true about me. I would literally repeat it over and over and over again if I was feeling anxious. No, I was not given a spirit of fear. I was given a spirit of love and power and sound mind, and I clung to God's truth rather than my emotions in that time. Over time I saw it really, truly renew my mind. And so that's still a verse that's super important to me.

There were a couple others like Philippians 4:4-7: "Rejoice, again I say to you rejoice. Let your gentleness be evident. The Lord is near. Do not be anxious about anything, but in everything through prayer and petition present your request to God. And the peace of God which surpasses all understanding who guards your hearts and minds in Christ Jesus." That was a big one for me, which obviously, I have it memorized.

JULIE: I was going to say, folks, she's not reading a paper. She has that tattooed in her brain.

KYLIE: I do.

RICK: It's that verification that the word of God can have this effect, and it can help to bring us up and out. That's excellent.

KYLIE: Those two were the main ones, and then also the one that talks about taking every thought captive and making it obedient to Christ (2 Corinthians 10:5). Obviously, the common theme with all of those is it is a battlefield in our mind, but the tools that we have are, obviously, God's word, His power, but then also His joy and that He is guarding and protecting our thoughts for us, and that we can make our thoughts obedient to Him. I think sometimes you feel powerless against your mind because it is a very internal battle. If I need to go and gain some muscles I can go to the gym, but how do I gain strength in my mind? It's through repeating and reading, declaring and meditating on God's truth and allowing the lies or the negative thoughts to be replaced with the truth of God's word. In the beginning of the one with Philippians, it's "Rejoice; again, I say rejoice." It's talking about having joy and exalting praise to God before even offering up your prayers. The joy of the Lord is our strength. That was another big thing I clung to, and I still cling to. It's definitely awesome that the joy in the Lord is our strength. For me, it was really helpful to not have to even try so hard to overcome those things because sometimes when you try to not think about things, you end up thinking about them more.





So, to really take my eyes off of myself and focus on enjoying the Lord and how wonderful and massive and powerful He is, and keeping my days fixed on that. And then also praying and trusting Him with my issues. But knowing I can have joy in Him as He's working on this for me, rather than trying so hard every second of every day to overcome, if that makes any sense.

RICK: It does because when we stop thinking about ourselves and we start thinking outside of ourselves is when the healing can actually begin. We leave space for it. When we're thinking about ourselves, we've built this wall, and you're just going round and round in this scenario that doesn't get you anywhere. You're describing exactly what the process of growing through something like this looks like.



“Roots and Petals,” (Verse three) Kylie Odetta

This heavy rain won't break my spirit
and if my thoughts turn into thorns, I won't feel them...
Cause when I fight, I know that I can't lose.
In the face of truth, I'm stronger than you.

Kylie's words made us think about the importance of self-talk. How do we talk to ourselves? Negatively or positively? Think about it: God and Jesus love us and would not talk to us negatively, so why would we put ourselves down? We should talk the way we would to a friend or Christian brother or sister. Choose words that are supportive and not harsh. Words can be healers or destroyers. We are often harder on ourselves than we are with other people. Self-criticism can help us grow, but if it does not - THEN STOP.

2 Timothy 1:7: (NASB) *For God has not given us a spirit of **timidity** <1167>, but of **power** <1411> and love and discipline.*

What is the “spirit of fear/timidity”?

Timidity: Strongs #1167 *deilia*; fear

(Greek English Lexicon) timidity, fearfulness, cowardice

Power: Strongs #1411 *dunamis*; force (literally or figuratively); specially, miraculous power

This power is miraculous - even those of us who cannot perform miracles - WE ARE LIVING MIRACLES:

Ephesians 3:16: (KJV) *That he would grant you, according to the riches of his glory, to be strengthened with **might** <1411> by his Spirit in the inner man.*

Please search our archives for Episode 1068: Do I Have a Sound Christian Mind?

This episode was about the effects of power, love and a sound mind on our lives. **2 Timothy 1:7**

Is there a right way to talk to yourself? Can we work on the intonation of how we speak?





I read a book about self-talk called, *What To Say When You Talk To Your Self*, by Shad Helmstetter. INTONATION IS IMPORTANT WHEN WE TALK TO OURSELVES. Let me give you an example: Self-talk is telling yourself the things you want to be. If you say, "I am a faithful servant of God. I always walk in Jesus' footsteps." That's what you want to be, right? When you say it out loud, put the emphasis on *God* and *Jesus*. That gives us one sense of the statement. Say it again and put the emphasis on *I* and *always*. That gives you a different sense. Next, put the emphasis on *faithful* and *walk*. The point is to let a statement speak to you by allowing it to have its emphasis in different ways because that helps our mind focus on those things that are right.

I am a faithful servant of *God*. I always walk in *Jesus'* footsteps.



I am a faithful servant of God. I *always* walk in Jesus' footsteps.



I am a *faithful* servant of God. I always *walk* in Jesus' footsteps.



Intonation is important when we talk to ourselves!



Grant God's word permission to replace your own words!

**Read, study, write, repeat God's word and give it space.
As it grows from the inside out, anxiety diminishes,
for it begins to be crowded out.**



Dodie suggests: Read the Scriptures out loud. The brain reads them, thinks them, but now hears them as well. This helps us learn.

Just as Kylie said, she would repeat something over and over out loud because she knew it had to be true, but she did not quite believe it in that moment.

It really is amazing how much our freedom of choice has to do with the amount of freedom we experience.



What does the process of managing anxiety look like? How can we know we are on the right track?

Anything worthwhile not only takes time, it takes massive and consistent effort. Managing the power anxiety has in our lives is an obvious example. Whatever “treatment” we go through will ultimately require our personal dedication and discipline in order to approach success and victory. We have to do the work in order to succeed.



RICK: Let me ask you, did you have any medical help in this, any homeopathic help? Yes or no, but when did you notice the anxiety either just decrease or stop altogether?

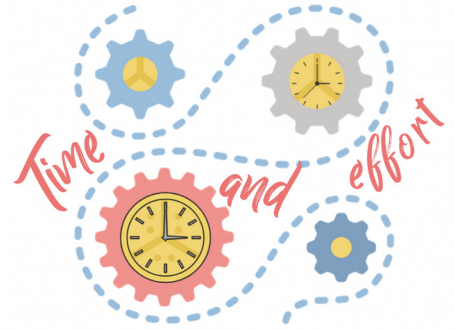
KYLIE: I never ended up going on anxiety medication. Like I said, I did see a counselor, a professional therapist, and so that was very helpful. But for me, it was a very slow process of seeing myself overcome anxiety. I didn't necessarily have a magical moment where I was like, oh wow, I'm cured because I think that's what we all would like to imagine. And certainly, God is able, and sometimes that happens. But the renewing of the mind takes time, and it takes repetition. And so, I would have very encouraging moments along the way that spurred me on. I received encouragement from friends, but really the process of my mind being renewed was a slow one. And it wasn't until months after I had started this repetition of Scripture with myself and seeing a therapist and all these different avenues of healing that I just kind of realized one day, I haven't felt quite as anxious recently. And I just realized, wow, I feel a little bit lighter! It wasn't this conscious moment. Like I said, it was just over time I just realized I can breathe a little easier. That thing that was scaring me before doesn't scare me quite as much until all of a sudden, it's like the world opened up again, and I could see in color everything that had been gray!

JULIE: Flowers everywhere!

KYLIE: Life is ahead of me! Truly, it was crazy because it's like you have been in a sleep, a deep sleep almost where you're this shell of yourself, and then all of a sudden you see things clearly again over time, like I said. And it was just really cool to realize, wow, I think I've made it to the other side of the worst of this and now I'm looking forward to things. I'm excited about the future instead of fearing it.



A key point of Kylie's journey is a slow and steady process that sometimes is almost imperceptible. We might not even be sure we are making progress because we are in the middle of it and do not have perspective. One day, we might wake up and realize we are feeling a little better, things are moving along a little stronger. When dealing with anxiety, we need to be willing to go through the time and effort to make a change.



The Christian process always requires us to stand upon the sure foundation of God's sovereignty:

2 Corinthians 10:3-5: (KJV) ³*For though we walk in the flesh, we do not war after the flesh: ⁴for the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; ⁵casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.*

Think about the power involved in *casting down imaginations and every high thing*. It is not our power, but the power of God working through us.

Such control of our lives can only be wielded if we are willing to conform our will to God through Christ:

Romans 12:2: (KJV) *And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.*

Kylie said that renewing of the mind takes time. It is not a switch that you flip on and all of a sudden you have a new mind. It is a process.



Intentionally direct what you subject your mind to!

To step outside of yourself is to step towards freedom.

To accept Christlike thinking is to embrace freedom.

We need to embrace the freedom by accepting Christlikeness in order to deal with anxiety. Notice these Anxiety-Breaking Building Blocks are small steps that build one upon another to help give us a foundation, to give us something that can help us deal with the difficulties in our own lives.



Let's go back to Kylie as she expresses her idea of thought replacement.

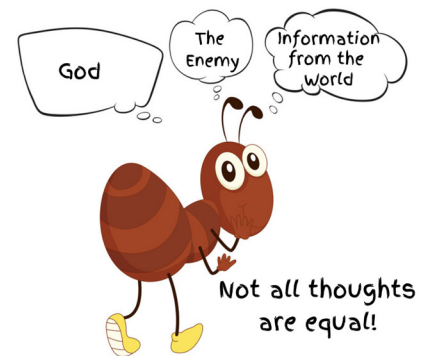


JULIE: You talked about these negative thoughts that would come in, and you would spin them, and they'd go over and over and over and then you couldn't get out of them. Were you just replacing them, like letting Scriptures or positive thoughts leak in and kind of substitute for those until they finally left you? How would you describe that process?

KYLIE: Definitely some of that, as well as - I'm so glad we are talking about this because it is so important. There were multiple ways that I renewed my mind. So, one, yes, replacing the actual lie or negative thought with a truth from Scripture. Basically, any thought that did not line up with God's truth or that wasn't full of peace, I was rejecting that, and I was saying, I don't have to keep this in my brain because it's not from God, and it's not beneficial to me and it doesn't matter. And so, I would let it go. Let it go, saying that as if that's easy. That's not easy. But over time, like I said. Another thing is instead of giving each thought equal weight and power to affect me so much emotionally, I had to start detaching myself emotionally from the thoughts I was having, which basically I did by visualizing - and this may sound silly but it really worked for me - visualizing and kind of preparing for negative thoughts to come by saying, okay, I've had these types of thoughts. It's probably going to happen again but instead of being so shocked and scared when it does, I'm going to mentally accept that it's probably going to happen, and as I see that happening, as I see these thoughts coming into my mind, I'm going to say hello to them with no emotion attached, just the best I can, and say good-bye to them in the same way and allow them to kind of like roll through and visualize them going through my head like movie screen credits. And it was so powerful to take the emotions away from the thoughts, which the reason I was scared of them is because I thought they were true. When you take that away and you say, okay just because I have a thought doesn't mean it's true. Not all thoughts are equal. Some are from God. Some are from the enemy. Some are just random intake from information from the world that gets into our brains because we're consumers. We see and hear so many things all the time. It was learning to basically differentiate between the thoughts I was having. If it wasn't from God, then I wasn't going to keep it. And if it didn't bring me peace, then I wasn't going to keep it. I would detach the emotion and the truth from it, let it go, and then replace it with something positive. And so that was like a big, big portion of it.



Replace the lie or negative thought with a truth from Scripture.





RICK: These are the basic principles for anybody, and what you're saying, if I can repeat back a little bit of what you're saying, you're saying, "I decided to decide on my thinking. I decided to recognize all thoughts as these entities and then categorize them appropriately." And when you do the work of that ahead of time, then it's, oh, no surprise. And it gives you strength and power. And, again, by God's grace and through His word, the strength and power I think, is actually much more effective. But it gives you the ability to say this doesn't belong here, and it's just a thought. It's a real thought, but it doesn't have to affect me.

The next verse of Kylie's song is about Kylie's decision to ignore and replace the difficult thoughts.



"Roots and Petals," (Verse four) Kylie Odetta

Cause when I fight, I know that I can't lose.
In the face of truth, I'm stronger than you.
So, I will give you no power,
no attention, no time.
Yeah go back, I'll pass on by,
I'm taking back my mind.

We have to decide what to give power to in our life and what we will not give power to. The blessing of dealing with our anxiety is that we can decide to NOT give it power.

Decide what to do with your thoughts. Let all other thoughts that are not good, not godly, not peace-oriented, not driven towards your growth, go:

Philippians 4:6-7: (NASB) *"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus."*

Are we going to let God's peace guard our hearts and minds? That is why God's peace is there. We have to put up the detour sign - sending those anxious thoughts away. Even if we recognize the signs, that is not enough. We have to make the decision to change what we think about actively.

A prayerful decision accompanied by a sincerely thankful heart opens us to new thought possibilities:

Philippians 4:8: (NASB) *Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.*

Decide what you are going to dwell on. New thought possibilities open us up to new habits. If we recognize what we are - sinful, living in God's grace - we are protected under the robe of Christ's righteousness. This gives us hope for the present, as well as for the future.

I must not be having enough faith

God must not be dealing with me

Watch out for "must not be" responses.

These do not go along with Philippians 4.





*Decide on and develop
new and positive habits.*

**Once we taste and appreciate the light and power
of life outside our own minds,
developing new habits is the next most important thing to do.**

Remember, a thought is not a habit, a desire is not a habit, but they both feed the determination and the actions that make habits. Choices made with passion bring decisions and habits that are life changing. We just need to do the work.

**What happens if we do all the work, achieve victory,
and then find ourselves full of anxiety again?**

There is no overcoming the anxiety of life that happens in a straight line. On the contrary, success in managing anxiety is a fluid process, and it will look different for everyone. This can sound frustrating, but it is actually a good thing. Successes should not be compared; rather, they should be celebrated. We are to judge our success by our “restart points.” We make progress, then we slow down, then go backward, then we make progress, then fall down again. Our progress is NEVER a straight line, but more like a coil or wandering path. Remember, in order to fall, you have to have been standing!



Diagram 1: We would like to get to our destination in a straight line.

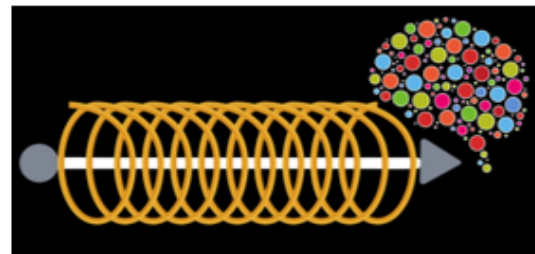


Diagram 2: Instead, the pattern of our progress is more like a coil, making progress but moving backwards and forwards again and again.

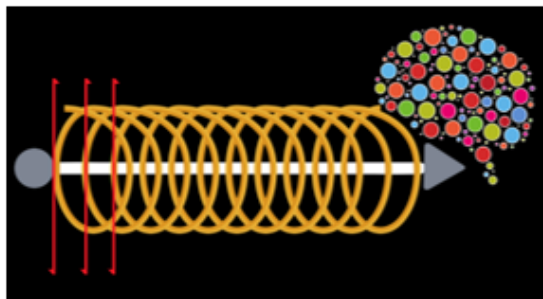


Diagram 3: We measure progress by comparing how far back we fell compared to the previous time. We want to keep moving a little bit forward with each “restart.”



Diagram 4: We do not want to stay stagnant, never really moving forward to our goal.

Proverbs 24:16: (NASB) *For a righteous man falls seven times, and rises again...*

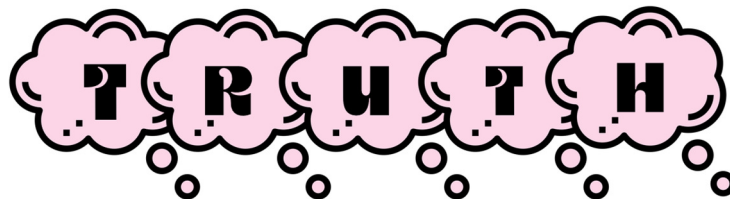


JULIE: It sounds like, then, you have a sort of “spiritual vaccine” from this happening again. When we first were seeing your story, I was worried about, do you wake up every day thinking, well, I'm just going to walk right into this thing, and I'm going to be down for the count for the next six months. But it sounds like because you've categorized this and this awesome idea of lining it up with truth and lining it up with the Bible, that you've been able to reject, accept, or just let it fluff away like it's clouds, that sounds like how you will deal with it in the future if you feel yourself coming in with those things.

KYLIE: After that big experience a couple years ago, I was good for a few months and then I kind of had a relapse of sorts where I did feel like all of a sudden it was triggered again. And at that second time that it came around, I said, am I having a lack of faith? Why is this coming back so strongly? At first, I almost forgot about what got me through the other time. And so, I wasn't applying these vaccines that you just talked about that I knew worked, but I thought once I went through that battle, I'm clear for life. That's my big dark battle. I don't have to go through anything hard again and then, of course, that's not how life works. Things happen, and it came back, and I thought this time it must be my fault.

And then I was like, wait a second! It took me a couple weeks and some friends to remind me I have everything I need to be able to overcome this again and quicker. And so, I started applying these things I was just talking about and very soon was like, no, this is not true. And I have power and those same things are still true, and I learned a lot about myself again and God. Since that second time is really when the power and the weight of these things work sunk into me. Since then, I've still had little moments of anxious thoughts, but I've been so much quicker to replace the lies with the truth, and instead of, like you said, taking weeks or months when I am down for the count, in a moment, in a day, I can say, wait a second, that's not true. I don't have to succumb to these thoughts or these emotions, and I can choose right now in this moment to let the rest of my day end differently.

So, I've been able to almost catch my thoughts in a moment and line them up with the truth and these things that I've practiced for a couple years now, and see it work over and over and over again.



Eventually the type of thoughts and the type of emotions that I have, they start to change as well because I'm not repeating the actions of having negative thoughts as often. I'm repeating the actions of having positive thoughts, and so



now the rarities are the anxious thoughts and the everyday life is pretty peaceful. But those things do pop up, and I think people need to know it's not just like a one-time fix. We're always, in a broken world, going to face adversity, but we do have what we need to get back on track and to feel powerful.

RICK: What you're saying is that life goes on and difficulties happen. Along the way we accumulate the tools. The tendency often is to get kind of comfortable, and the tools get put into a box that's maybe a little bit out of reach because we're comfortable and we're flowing through. But you still have the tools. And so for anyone else who is having the experience you're having, the lesson I think is powerfully obvious. If you've got the tools, just find the toolbox, open it up, dust them off and put them to work immediately.

Always remember who you are and what you are called to. Repeat the actions of positive thoughts:

Hebrews 12:1-3: (NASB) ¹Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, ²fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. ³For consider him who has endured such hostility by sinners against himself, so that you will not grow weary and lose heart.



RICK: The thing I appreciated, Kylie, is you didn't feel any shame or any guilt of, okay, it's back, and you're like, wait. Am I going to go down? But then you say, wait, wait, wait. I know the answer. And by applying the same tools that worked, it worked again. Incredible, incredible story. I love it. Love it. What do you say to others who may be experiencing anxiety or are in that place where it just seems dark and it seems hopeless and you feel helpless? What would you say to them in a very condensed version of reaching out?

KYLIE: I would say give God a shot. If you're an unbeliever, or like I said, I was a believer at the time, and I still was doubting if this would even work. But I was really feeling hopeless, like you just said, and I thought why not? I'll give it a whirl. I'll give repeating Scripture over to myself a shot because I've got nothing else to lose. Hey, what do you know? It worked. I would say, "Hang in there, and don't give up." Everyone says the cliché, "Don't give up," but it's true. There's something to be said about continuously reaching towards God as



He's reaching towards you. If you stay in the fight every day, I believe you will win because God has already won. The work on the cross is finished. That means that you do have victory in these emotional battles you're going to face. We just have to stay in the fight, stay in the game so we can see that victory. So, hang in there long enough to see God come through for you.

RICK: Kylie, thanks, thanks so much. What's your website, Kylie?

KYLIE: KylieOdetta.com.

RICK: I really want to encourage you to go to Kylie's website and take a listen to the music and the story because this is a young lady who's been through some hard things, and by God's grace has come through them. By God's blessing and providence she is able to tell you about it so she can help you come through them as well.

KYLIE: Thank you so much.

JULIE: Thank you. You're a beautiful girl, but you're even more beautiful on the inside. We appreciate you being vulnerable to us today.

KYLIE: Well, I appreciate you guys having me here. It was truly a blessing.

RICK: All right, thanks, Kylie.

God, through His son Jesus, gave us victory over death by paying the ransom price for sin. We look forward to His promised blessings for all in His kingdom. This part of the kingdom work is done. We just need to avail ourselves of it!

To maintain new thinking and new habits, remember how a Christian's victory is achieved:

2 Corinthians 12:7-10: (NASB) ⁷...there was given me a thorn in the flesh, a messenger of Satan to torment me—to keep me from exalting myself! ⁸Concerning this I implored the Lord three times that it might leave me. ⁹And he has said to me, My grace is sufficient for you, for power is perfected in weakness. Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. ¹⁰Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong.



Allow your weakness to be the canvas on which God's strength is expressed!

God knows what He is doing.

Why not become one of His spiritual works of art?

Think about the weakness He knew we had when He called us. He wanted us *because of those weaknesses* so His glory could be expressed through our brokenness. God knows what He is doing! Why not become one of His spiritual "works of art"?





“Roots and Petals,” (Chorus) Kylie Odetta

‘Cause when I fight, I know that I can’t lose.
In the face of truth, I’m stronger than you.

We can have the strength through God and Christ if we choose to take small steps to put these anxiety-breaking building blocks in place. If we fail, great! We get up, dust ourselves off and move forward. Anxiety can be managed. God called us as imperfect human beings. Let His care and the love of Christ flow through you and through your difficulties. Share your experience with others and help build them up as well.

***So, does my anxiety or depression invalidate my Christianity?
For Jonathan and Rick (and Julie) and Christian Questions...
Think about it...!***

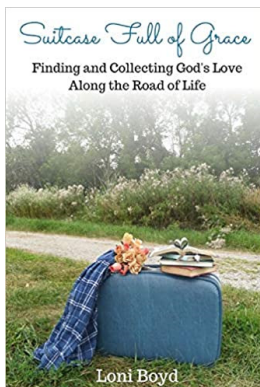


Bonus Material and Study Questions

Every tomorrow has two handles. We can take hold of it with the handle of anxiety or the handle of faith. — Henry Ward Beecher

Crayon Masterpieces

By Loni Boyd, reprinted with permission from
Suitcase Full of Grace: Finding and Collecting God's Love Along the Road of Life



Sometimes, when an opportunity to serve the Lord or the brethren comes my way, I become exuberant, excited, passionate and ready to take action...but then, Satan seems to creep in and plants the thought, "I don't know if I would be very good at that. Maybe I should step aside and let others do that work. I am sure there are others who would be better than me."

I started to contemplate this.

Does it matter how good we are at something that we do for the Lord? I thought about when I was a child, and I loved to color and draw pictures.



For as long as I can remember into my childhood, I was always working on some little art project of my own or an art project from school. I would complete my little works of art and proudly present them to my parents.

I think we all can relate to this in one way or another. We have been that child, or we have received artwork from a child or witnessed that same scene take place after a Sunday school session. We've seen a child present their work to their parent or grandparent and eagerly search their face for a smile of approval. In most cases, the art of a child is not a grand artwork that would be exhibited in a museum.... not even close. But somehow, the reaction from a loving parent when they see their child has given a sincere effort to create something and offers it to them as a gift, always seems to be positive.

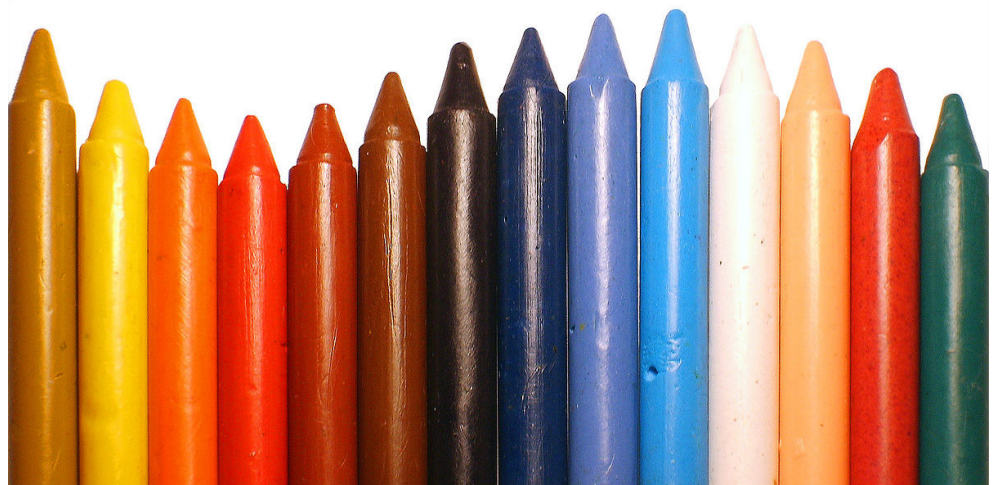
How can this be, and what does this mean for us?

A parent does not look at the merit of the work their child presents as an art critic would analyze a work of art, a symphony or an opera and then give a critique on execution and artist merit. Rather, they see the effort and love that went in, and that is what makes it beautiful, acceptable and worthy of being displayed on the "refrigerator art gallery."

But what if every child paused before putting crayon to paper and thought, "I don't think this will be very good. Maybe I had better let the other kids do the coloring," There would be a world filled with a whole lot of empty refrigerators and children too afraid to express love to their parents because it might not be good enough!

We are all just a bunch of kids with a box of crayons trying to put some masterpiece together to present to our Lord. None of it will ever be much more than some colorful scribbles, but to our Almighty loving parent, the God of the Universe... who paints sunsets across the sky and sculpts mountain ranges upon the earth and decorates the night with a million bright stars....a child's offering of love is a *masterpiece*.

So, whatever you do for the Lord, do it with your might and your love, and present it as that eager child presents a scribbling of colors. And know that He has perfect parent eyes, and He smiles.... And, if He had a refrigerator, your work would have its place!





Other encouraging Scriptures to help us deal with our anxiety:

Psalm 61:3: (KJV) *For thou hast been a shelter for me, and a strong tower from the enemy.*

Proverbs 18:10: (KJV) *The name of the LORD is a strong tower: the righteous runneth into it, and is safe.*

Romans 7:14-25: (NASB) *¹⁴For we know that the Law is spiritual, but I am of flesh, sold into bondage to sin. ¹⁵For what I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate. ¹⁶But if I do the very thing I do not want to do, I agree with the Law, confessing that the Law is good. ¹⁷So now, no longer am I the one doing it, but sin which dwells in me. ¹⁸For I know that nothing good dwells in me, that is, in my flesh; for the willing is present in me, but the doing of the good is not. ¹⁹For the good that I want, I do not do, but I practice the very evil that I do not want. ²⁰But if I am doing the very thing I do not want, I am no longer the one doing it, but sin which dwells in me. ²¹I find then the principle that evil is present in me, the one who wants to do good. ²²For I joyfully concur with the law of God in the inner man, ²³but I see a different law in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin which is in my members. ²⁴Wretched man that I am! Who will set me free from the body of this death? ²⁵Thanks be to God through Jesus Christ our Lord! So then, on the one hand I myself with my mind am serving the law of God, but on the other, with my flesh the law of sin.*

Psalm 19:12: (KJV) *Who can understand his errors? Cleanse thou me from secret faults.*

James 3:2-5: (NASB) *²For we all stumble in many ways. If anyone does not stumble in what he says, he is a perfect man, able to bridle the whole body as well. ³Now if we put the bits into the horses' mouths so that they will obey us, we direct their entire body as well. ⁴Look at the ships also, though they are so great and are driven by strong winds, are still directed by a very small rudder wherever the inclination of the pilot desires. ⁵So also the tongue is a small part of the body, and yet it boasts of great things. See how great a forest is set aflame by such a small fire!*

Amos 5:14-15: (NASB) *¹⁴Seek good and not evil, that you may live; and thus may the LORD God of hosts be with you, just as you have said! ¹⁵Hate evil, love good, and establish justice in the gate! Perhaps the LORD God of hosts may be gracious to the remnant of Joseph.*

Habakkuk 3:16-19: (NASB) *¹⁶I heard and my inward parts trembled, at the sound my lips quivered. Decay enters my bones, and in my place I tremble. Because I must wait quietly for the day of distress, for the people to arise who will invade us. ¹⁷Though the fig tree should not blossom and there be no fruit on the vines, though the yield of the olive should fail and the fields produce no food, though the flock should be cut off from the fold and there be no cattle in the stalls, ¹⁸yet I will exult in the LORD, I will rejoice in the God of my salvation. ¹⁹The Lord GOD is my strength, and He has made my feet like hinds' feet, and makes me walk on my high places. For the choir director, on my stringed instruments.*

Ecclesiastes 7:19-22: (NASB) *¹⁹Wisdom strengthens a wise man more than ten rulers who are in a city. ²⁰Indeed, there is not a righteous man on earth who continually does good and who never sins. ²¹Also, do not take seriously all words which are spoken, so that you will not hear your servant cursing you. ²²For you also have realized that you likewise have many times cursed others.*

Christian Questions Weekly
Newsletter

CQ Rewind Show Notes and
Study Questions

Text

CQREWIND

to 22828 to get started.



Christian Questions ©2020 all rights reserved

Study QUESTIONS

Ep. 1125: Does My Anxiety or Depression Invalidate My Christianity? Part II

<https://christianquestions.com/character/1125-anxiety>

See:  **CQ Rewind**
SHOW NOTES

1. Does having a crippling anxiety in our lives indicate a lack of faith on our parts, or does it indicate we are subject to human frailty? (See Psalm 147:3, 1 Peter 5:6,7, Isaiah 43:2, Psalm 34:17, Psalm 51:5)
2. Why is it important to recognize God's sovereignty in our lives? How does this give us comfort and hope? (See Psalms 139, Romans 8:28, Matthew 10:29-31, Colossians 1:16-17)
3. How does God use our trials, such as anxiety and depression, in our lives? (See James 1:2-4, 1 Peter 1:6,7, 1 Peter 4:12-13, Isaiah 61:3, 2 Corinthians 1:3,4)
4. Along with professional counseling, what should we do to endure the intensity of serious (persistent or recurring) anxiety? (See 1 Peter 5:6-9, Isaiah 40:9, Psalm 55:22, Matthew 11:28-30)
5. What does the word *patience* (Strong's #5281) mean in the New Testament? How does that definition give us a better understanding of what God wants from us? (See James 1:2-4)
6. What did David do to relieve his anxiety, worry and fears? How can this apply in our lives? (See Psalms 27:11-14 New American Standard Bible, Proverbs 3:5,6)
7. What can we do if we cannot find the words or even the strength to pray? (See Romans 8:26; Psalms 34:17-20) When our *anxious inner thoughts become overwhelming*, what does our Lord answer? (See Psalms 94:17-19, International Standard Version)
8. What two scriptures helped Kylie's 'self-talk'? Why do you think memorizing these Scriptures helped her to beat back the anxiety attacks Satan was aiming in her direction? (See Philippians 4:4-7, 2 Timothy 1:7, 1 Peter 5:6-9)
9. How do we give God's words permission to replace our own self-destructive words? What is an easy and powerful technique in doing this? (See 2 Corinthians 10:3-5)
10. How do we allow God's peace to guard our hearts and minds? How do we open up new thought possibilities to renew our mindset? (See Philippians 4:6-8) What happens if we slide back into our old anxious habits? (See Proverbs 24:16; Hebrews 12:1-3 New American Standard Bible)
11. How is it that God chose you, with all your weaknesses and deficiencies, to follow Him? Meditate on 2 Corinthians 12:7-10 for inspiration!