

MENTAL HEALTH VACCINATIONS – PART V
“The Vaccine For Living in the Now”
Matthew 6:25-34

Some people don't live in the present, they live in the past ruminating about what happened yesterday, last month, or even 20 years ago. Sometimes people live in the future thinking about what might happen tomorrow, next week, next month, and so forth. The problem with this mental virus is it causes you miss out on life in the now. You are not present in the moment because you're constantly distracted and can't be at your best for the people you are closest to. The cure for this mental virus is letting go of what happened in the past, and stop worrying about what might happen tomorrow. Your life will be much better!

Anxiety Defined

A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

#1. THE MENTAL VIRUS OF ANXIETY HAS SEVERAL CAUSES

Genetics, Brain chemistry, Medical conditions, Drug withdrawal, Traumatic experiences, Difficult circumstances

#2. THE MENTAL VIRUS OF ANXIETY HAS SEVERAL PHYSICAL SYMPTOMS

Stomach pain, nausea, or digestive trouble, Headache, Insomnia, Weakness, fatigue, rapid breathing or shortness of breath, Racing heartbeat, increased blood pressure, sweating. Brain chemistry changes for the worse!

Anxiety can be debilitating!

#3. THE MENTAL VIRUS OF ANXIETY HAS SEVERAL EXPRESSIONS

General Anxiety disorder (GAD), Social Anxiety Disorder (SAD), Panic Attacks, Specific Phobias, Medication-induced anxiety, Separation anxiety, Catastrophic Anxiety

#4. THE CURE FOR THE MENTAL VIRUS OF ANXIETY IS A DOSE OF FAITH, Mat 6:25-27

- A. Do not worry – a command
- B. Do not worry about the essentials of life
- C. Depend on our Heavenly Father
- D. Develop understanding of how much he cares for you

#5. THE CURE FOR THE MENTAL VIRUS OF ANXIETY IS THINKING CORRECTLY ABOUT GOD, Mat 6:28-30

- A. God is our heavenly Father
- B. God always takes care of his children
- C. God always provides for our daily needs

#6. THE CURE FOR THE MENTAL VIRUS OF ANXIETY IS GIVING CONTROL TO GOD, Mat 6:31-32

- A. Keeping control is not trusting God
- B. Keeping control is an attempt in futility
- C. Keeping control is a characteristic of nonbelievers

#7. THE CURE FOR THE MENTAL VIRUS OF ANXIETY IS LIVING IN THE NOW, Mat 6:33-34

- A. Worrying about yesterday & tomorrow
- B. Worrying about the future takes you away from the present
- C. Worrying prevents you from being at your best for God
- D. Worrying prevents you from being at your best for others

#8. ACTION STEPS TO LIVE IN THE NOW INOCULATION

- A. Memorize Scripture about faith & peace
- B. Monitor your thoughts when you feel anxiety
- C. Replace emotion-based thinking with truth-based thinking
- D. Move toward fear, don't run away from it
- E. Pray for peace and a calm mind

DISCUSSION QUESTIONS

- #1. What has been your experience with anxiety?
- #2. Why is it a good idea for children to look at their family history to see if anxiety and depression has a genetic basis?
- #3. What is circumstantial anxiety? What is anxiety based on a phobia? What is catastrophic anxiety?
- #4. Do Christians feel uncomfortable admitting that they suffer from anxiety?
- #5. How should we respond to a fellow believer who struggles with anxiety? What are some guilt-ridden responses we direct at believers when they admit they struggle with anxiety?
- #6. Is it wrong for Christians to take medication for anxiety?
- #7. Why are fear and faith polar opposites?
- #8. How does one's need to be in control contribute to anxiety?
- #9. Why does Jesus want us to stop worrying about what might happen tomorrow and live in the moment?
- #10. How does being distracted with what might happen tomorrow affect your relationships with those whom you are closest to?
- #11. What is your takeaway from this teaching?

Welcome *to* ***Hillcrest Church!***

GIVING GOD OUR BEST – 2021!

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:34

June 27, 2021
Pastor Bruce Guckelberg

ANNOUNCEMENTS

VISION MEETING TODAY: after the Sunday service. Pastor Bruce would like to resume the discussion of rebuilding Hillcrest Church, that came to a screeching halt when covid appeared over one year ago. I hope all the core of Hillcrest can attend.

JOIN US ONLINE FOR

Tuesday Bible study at 6:30, Wednesday study & Prayer at 6:30. Click the “online meeting room” link on the home page of the website Hillcrestroseville.com

FINANCIAL SUPPORT: thank you for your financial support of Hillcrest Church. You can drop your offering in the box in back of the sanctuary, mail it to the church, or make your donation on the website.

SPECIAL OFFERING: For the children’s play area on July 11.

July 10th: Our next outreach event. Rummage sale at church to raise money for the children’s play area from 7am – noon. Items can be dropped off at church Thursday 5-7pm & Friday 4-7pm. If you need items picked up call DJ at 916.917.6057 or Bruce at 315.486.2202.

Followed by a Cornhole Tournament starting at 6pm. Registration is between 5 – 6PM. Pizza and drinks will be served. Prizes for the winners.

August 7: Is the next outreach event. Details are forthcoming