

# When Panic Attacks

## Out of the Cave – Part 2

April 14, 2024

### Anxiety

- The ADAA notes that 40 million people struggle with anxiety disorder. This is 19% of the nation's population 18 years and up.
- 36% of ages 13 to 18 struggle with an anxiety disorder.
- 81.3% in the last 12 months.

None of us fake having depression or anxiety. What we fake is being ok.

“Fear is the emotional response to real or perceived threat, whereas anxiety is the anticipation of future threat.” - DSM-5-TR (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition)

**Anxiety:** The anticipation of a worse-case scenario accompanied with overwhelming heartache.

The Greek word for worry, *merimnao*, stems from the verb *merizo* (divide) and noun (mind).

To be anxious then is to divide the mind.

Experiencing anxiety is not a sin, it's a signal.

*“<sup>4</sup>Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup>Let your graciousness be known to everyone. The Lord is near. <sup>6</sup>Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus. <sup>8</sup>Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable — if there is any moral excellence and if there is anything praiseworthy — dwell on these things. <sup>9</sup>Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.”* Philippians 4:4-9 (CSB)

How can we respond when panic attacks us?

**#1 - Fight constant worry with persistent prayer (Vs. 6)**

*“Can any of you add one moment to his life span by worrying?”* Matthew 6:27 (CSB)

**“It has been found that 12 minutes of daily focused prayer over an 8-week period can change the brain to such an extent that it can be measured on a brain scan” - Dr. Caroline Leaf**

**Don't worry yourself to death. Pray yourself to peace.**

**#2 - Trust God's peace to overcome you when you feel overwhelmed by uncertainty. (Vs. 7)**

**#3 - Give it over before you give up. (Vs. 7)**

*“Humble yourselves, therefore, under the mighty hand of God, so that He may exalt you at the proper time, <sup>7</sup>casting all your cares on Him, because He cares about you.” 1 Peter 5:6-7 (CSB)*

**#4 - Release toxic thoughts and replace them with the truths of God. (Vs. 8)**

**#5 - Don't fight alone in silence. (Vs. 9)**

**Celebrate Recovery**

**“The presence of anxiety is unavoidable, but the prison of anxiety is optional.” - Max Lucado**