

When Your Student Is Hurting - June 20, 2019

Anxiety - Terri Pols

I. Our Fast-Paced Lives – the 1950's

II. Anxiety defined: A feeling of worry, nervousness, or unease—typically about an imminent event or something with an uncertain outcome. [1]

Psychiatry: A nervous disorder characterized by a state of excessive uneasiness and apprehension, typically with compulsive behavior or panic attacks. [2]

Biblical definition of anxiety: A blatant distrust of the power and love of God. [3]

III. Reasons for anxiety

1. Fast-paced society
2. Unstable, dysfunctional homes
3. Anger, hostility
4. Bullying, ridicule
5. Financial concerns
6. Domestic or sexual abuse
7. Vivid imaginations
8. Personality differences
9. Future disasters

IV. Give anxiety a name

1. Phobias
2. GAD—Generalized Anxiety Disorder
3. Social anxiety
4. PTSD—Post Traumatic Stress Disorder

5. Panic attacks
6. OCD—Obsessive-Compulsive Disorder

V. Physical symptoms of anxiety

VI. Case Studies

VII. How do “YOU” spell relief?

1. Alcohol & drugs
2. Casual sex / promiscuous dress
3. Anger / Mr. Tough-Alttogether guy
4. Self-injury
5. Eating disorders
6. Asphyxia or scarfing
7. Gaming

VIII. Bible examples of anxiety

IX. Practical Steps to Help Hurting Students

Elementary age:

1. Name the fear
2. Match Scriptural truths to the fears
3. Specifically pray for the fears of your students
4. Have specific devotions on fear and anxiety
5. Converse with parents about media content in the home
6. Read Christian books on particular fears during story time

High School students:

1. Encourage your students

“Anxiety in the heart of man causes depression but a good word spoken makes it glad.” (Proverbs 12:25)

“Warn those who are unruly, comfort the faith-hearted, uphold the weak, be patient with all.” (I Thess. 5:14)

2. Begin each day with an attribute of God.

3. Emphasize the importance of Scripture for daily life.

“Make use of the word of God in prosperity, adversity, darkness, season of doubt, times of perplexity, and your entire walk. Nothing can befall you, nor is there any duty in which you must engage where the Word of God would not provide you with comfort, peace, counsel and direction.” [6]

4. Personalize Scripture—Put your name in the verse.

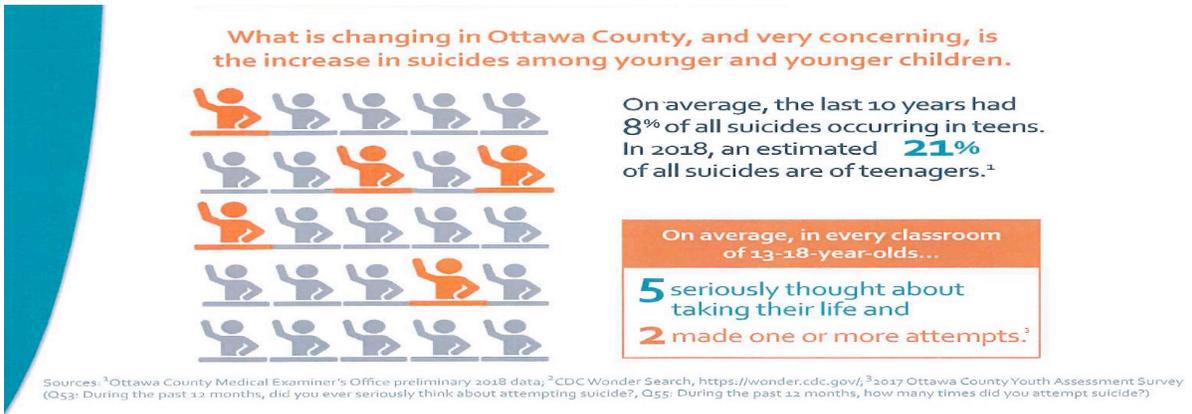
Psalm 28 – *“Blessed be the Lord, Because He has heard the voice of _____ supplications! The Lord is _____ strength and _____ shield, My heart trusted in Him and I am helped.”*

Psalm 27:14 – *“Wait on the Lord; Be of good courage, and He shall strengthen _____ heart; Wait I say, on the Lord.”*

5. Place pamphlets on anxiety, fear, panic attacks, suicide...in bathroom stalls or PE locker rooms.
6. Be approachable.
7. Notecards of comfort and hope.
8. Service to others.
9. Physical health.
10. Chapels on ‘secret’ subjects.... fear, worry, anxiety, suicide, loneliness, depression, drinking, and drugs.
11. Have real conversations with your students, and encourage them to ask themselves serious questions.

X. How bad can it get? Suicide.

Death by Suicide



References:

[1] Google Dictionary

[2] Ibid

[3] Macarthur, John. *Anxiety Attacked*, Victor Books: Wheaton IL. 1993, p. 15.

[4] Momsjunction.com - *Negative Effects of Kids Gaming*.

[5] Medicalnewstoday.com - Dec. 20, 2017 / C. Nordquist.

[6] Brakel, Wilhelmus. Soli Deo Gloria Publications: Morgan, PA. 1992.

[7] pdf. - [miottawa.org/death by suicideOC_Suicide_FactSheet.pdf](http://miottawa.org/death%20by%20suicideOC_Suicide_FactSheet.pdf)