

WORRY-FREE LIVING 8-WEEK JOURNEY

Break the Fear-Worry-Stress Cycle

The study we've provided here (and in the book) will nudge your group toward a healing path, challenging those in your care to take God at His word: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (Matthew 11:28-30, NIV).

A key to helping Christians surrender worry—and ultimately grow spiritually—is to get them talking and connecting ... with each other *and* with God. This easy-to-lead group study can help. Think of it as a weekly conversation starter that will guide individuals through eight key topics:

- *Christ-followers aren't immune to worry*
- *God can be trusted—even when our struggles seem unbearable*
- *Worry can affect us at every stage of life*
- *Becoming self-aware can move us toward worry-free living*
- *A number of physical and emotional processes contribute to worry*
- *Adrenaline fuels the fear-worry-stress cycle*
- *Sometimes a struggling faith IS the issue*
- *Stress management—with a Bible-based, mind-body-spirit emphasis—is the key to finding peace*

WEEK 1

A People in Need of Relief

Before Your Meeting: Instruct everyone to read chapter 1 — "A Toxic Web of 'What-If?'"

As a Group: Explore pages 25-29

Talk It Out: "What if?" Whether these two simple words roll off our lips or ripple through our minds, they set into motion our most common form of suffering: a cyclical experience of fear, worry, and stress. And no one is immune. For most of us, worry is second nature—often more like a reflex than a choice. Just as for the Meyers family, it isn't hard to see how we can get caught in a toxic what-if web. In the words of the dad, Jeff Meyers, "My wife, kids, and I are Christians, so we have hope in Jesus Christ. Yet the pain is no less real. My faith and my loved ones are everything to me."

→ **Can you relate?**

How can I hold on to hope—and handle fear, worry, and stress—when I'm hurting, or worse, when I'm watching a loved one struggle?

→ **All of us who follow Jesus are learning to surrender to the one true Source of peace. He came "that [we] may have life, and have it to the full" (John 10:10)—to bring us into intimacy with God, which is foundational to overcoming worry.**

In order to surrender to Jesus, I must learn to trust Him completely. Do I? Or am I struggling with doubt? (Explain your answer.)

→ “**Seek first his kingdom and his righteousness,**” Jesus tells us in **Matthew 6:33-34, “and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own”** (see vv. 26-32).

What happens to my faith when bad things happen to good people? How can I continue trusting God during those times when life doesn't make sense? (Reread what Jeff and Marci are learning on pp. 23-25.)

Wrap It Up: Worry, anxiety, and negative stress frequently have one thing in common: *fear*. Despite distinctions, they often overlap and sometimes feed on each other. Here's how Cole, Ross, and Ovwigho define “the fear-worry-stress cycle” in *Worry-Free Living*:

The process whereby a person feels fearful of a particular object or event, worries about encountering that object or situation in the future, experiences a stress reaction, and may then begin to fear and worry about being stressed or worried.

Keep in mind that worry begins with a pang of fear. Thereafter our minds can become stuck on repetitive, negative thoughts about uncertain situations. Eventually this can lead to anxiety and/or harmful stress, and then we may start to fear and worry about the adverse effects of stress on our health. But as the Myer family discovered, there's hope. *Relief IS within reach.*

Live It Out: If you feel trapped somewhere in this cycle, your issue could be physiological, in which case it might be poor nutritional choices or chemical imbalances (such as the overproduction of adrenaline in the brain) causing you to feel anxious. Maybe you're battling a disorder. Or maybe your problem is more spiritual in nature; God feels distant to you, and you're struggling to trust him and surrender to his will.

In the weeks ahead, we'll find some answers together. Let's begin our journey by taking to heart these verses from Isaiah:

But now, God's Message, the God who made you in the first place, Jacob, the One who got you started, Israel: “Don't be afraid, I've redeemed you. I've called your name. You're mine. When you're in over your head, I'll be there with you. When you're in rough waters, you will not go down. When you're between a rock and a hard place, it won't be a dead end—because I am God, your personal God, the Holy of Israel, your Savior. I paid a huge price for you: all of Egypt, with rich Cush and Seba thrown in! *That's* how much you mean to me! *That's* how much I love you! I'd sell off the whole world to get you back, trade the creation just for you.” (Isaiah 43:1-4, *The Message*)

WEEK 2

What If the Unthinkable Actually Happened?

Before Your Meeting: Instruct everyone to read chapter 2—“In the Grip of Fear”

As a Group: Explore pages 43-44

Talk It Out: Imagine facing the kinds of challenges Brian and his family endure. A violent explosion cost him his sight, both arms, and one leg. Here on earth he'll never again look into the eyes of his loved ones, let alone bathe and dress himself or go for a walk.

→ **True or false?**

When my life sails along smoothly, I feel better about myself. When problems hit, my confidence takes a nosedive. (Explain your answer.)

→ **Pause for a moment and take inventory of your own struggles.**

To what extent is my life affected by or weighed down with unnecessary stresses and worries? Is it time to change my “worry perspective”? (In other words, is it time to stop sweating small stuff?) If so, how—in what ways?

→ **Close your eyes and try to envision Brian's world.**

How would I react if a horrible accident scarred my body? Would I still value my life? Would I want to die? (What would be MY response if something I deeply fear—if something “unthinkable”—actually happened?)

→ **Consider where Brian has placed his identity.**

Is Jesus Christ the foundation of my life? Do I trust him, with everything?

Wrap It Up: Despite the fact that Brian's world is greatly altered, his foundation—his faith in God—remains unshaken. His identity in and commitment to Jesus Christ defines who he truly is. “I don't ask God why this happened to me,” he says. “I ask, ‘What's next? How do you want to use me?’” And remember what Haley said? “It's what's on the inside that makes the outside handsome. And Brian's still the same on the inside.”

Live It Out: Even though most of our worries and fears never come true—sometimes they do. It happens to a very small percentage of people, but occasionally the very worst thing we can imagine actually comes true. And if you are in that small minority, as Brian and Haley have shown us, God holds us in His arms, gives us hope, and shows us how to put one foot in front of the other. People can survive the unthinkable—and eventually thrive in their faith.

Take to heart these verses from Philippians:

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

WEEK 3

Stress-Points of Husbands, Wives, Kids, and Adult Children

Before Your Meeting: Instruct everyone to read chapter 3—“A Peek at What’s Bugging Us”

As a Group: Explore pages 61-63

Talk It Out: Analysis of CBE’s research—coupled with findings from other trustworthy national studies—reveals that worry among families is at an all-time high. And the experts we talked to insist our nation is moving toward a related public health crisis. “America is at a critical crossroads when it comes to stress and our health,” says the APA’s CEO, Dr. Norman B. Anderson. “Worry is also taking a toll on kids. Almost a third of children reported that they had experienced a physical health symptom often associated with stress, such as headaches, stomach aches or trouble falling or staying asleep. And get this: Parents often don’t realize their own stress is affecting their children.”

Consider these common worries among parents, kids, and Millennials.¹ Check those that apply to you and your family.

What Husbands Worry About:

How can I calm the fears of my worried wife?
How can I protect my family?
Why can’t I connect with my kids?
Is my job safe?
Will the economy take another nosedive?
Am I normal sexually? (Why do I lack energy?)
Is my marriage okay?
Is my health okay?
What if I die? (How will my family survive?)
Why don’t I sense direction for my life?
Why am I bored with church?
Why does my spiritual life feel so stuck?

What Wives Worry About:

How can I help my stressed-out husband?
How can I protect my kids?
What kind of a future will my children have?
Will we ever make ends meet?
What if a family member gets sick? (Can we afford the bills?)
Why do I feel so angry and bitter all the time?
Am I attractive enough to my husband?
Why won’t my husband give me the attention I need?
Why can’t I get along with in-laws?
What do others think of me?
How can I help my aging parents?
Are we pursuing God’s will for our lives?

What Kids and Teens Worry About:

Why do Mom and Dad fight a lot?
Am I a disappointment to my parents?
Do my parents love me? (Do they love each other?)

Does God love me?
What if I don't make it to heaven?
Am I safe?
What if somebody dies?
Will I fail at school?
Do the other kids like me?
Is my body normal?
Am I smart enough, attractive enough?
What kind of a future will I have?

What the Millennial Generation Worries About:

Will I ever have enough money to live on?
Will I get a decent job—the kind I prepared for in grad school?
Why do my parents and I disagree on so many issues?
Am I attractive to the opposite sex?
How can I hope to ever be married when I'm constantly rejected now?
Will my marriage survive? (My spouse and I fight all the time.)
Will I ever figure out who I am and what I believe?
Does God really love me?
Why am I so depressed all the time?

→ **From time to time, everybody asks questions like these.**

Pick a few statements that you checked and talk about them together.

→ **Ponder the pain.**

What is triggering these worries? Why are my loved ones grappling with these fears?

→ **Consider the spiritual.**

Are all of these "What-if" questions causing me—and those in my care—to become stuck spiritually?

Wrap It Up: Our discomfort with uncertainty as well as thinking patterns contribute to worry. And there's another significant piece of the worry puzzle: the condition of our spiritual lives. Most of us are familiar with Jesus telling His disciples to not worry because God will care for them—how would He not do so, when clearly He cares for the sparrows and for lilies of the field? Accordingly, most Christians hold worry to be a sin. The study participants for the book *Worry-Free Living* identified a number of worry's spiritual effects. A substantial portion feel that worrying indicates a lack of faith and feel guilty when they worry. Even more believe worry to be displeasing to God and an inhibitor to spiritual growth.

Live It Out: Recognizing that too much focus on our concerns may get in the way of our relationship with the Lord could prompt us to seek Him more. Spiritual activities (such as prayer, and worship, and reading God's Word) may then break the worry cycle and provide comfort. But over-focus upon or obsession with how worry is displeasing to God may lead us to fret about whether He still loves us or to anxiously fear that He will abandon us. The goal of focusing on the truth is not to become and remain mired in our faithlessness and insufficiency but rather to remind us of—and root us in—the Lord's faithfulness and sufficiency.

Take to heart these verses from Colossians:

Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Let the Word of Christ—the Message—have the run of the house. Give it plenty of room in your lives. Instruct and direct one another using good common sense. And sing, sing your hearts out to God! Let every detail in your lives—words, actions, whatever—be done in the name of the Master, Jesus, thanking God the Father every step of the way. (Colossians 3:15, *The Message*)

WEEK 4

An Assessment Quiz for Self and Every Family Member

Before Your Meeting: Instruct everyone to read chapter 4—“How Much of a Worrywart Am I?”

As a Group: Explore pages 73-74

Talk It Out: Family life can be turbulent, and we'll all have our share of troubles in a given day—including worrisome thoughts that invade our minds. Being concerned won't hurt us; the problem arises when we allow anxiety to paralyze our thinking.

→ **Share what you learned from your worry profile.** *How did I and my family score? Is this what I anticipated? Am I surprised or concerned?*

→ **Identify at least two issues you want to work on ... and help with in the lives of those in your care.** *How does a commitment to progress make me feel?* (e.g., motivated, nervous, hopeful, overwhelmed, inspired ...)

Wrap It Up: Becoming self-aware—learning about what's bugging us and examining how we react to stress—can move us toward worry-free living. Our intent here is *not* to dispense a medical diagnosis. (That's a conversation we hope you'll have with a medical professional.) Rather, now is the time to think about your next steps. With knowledge on your side, you're better able to pray, plan, and plot a realistic course toward healing.

Live It Out: God created each of us uniquely. Some are naturally “cool cucumbers” who seem to pass through even the most troubling times with little anxiety. Others are racked with worries around the clock, with little relief and few periods of calm. Most experience life somewhere in between these two extremes, with seasons of anxiety and worry and seasons of peace and tranquility. How about you? Does a cycle of fear, worry, and stress interfere with your life? Remember: When moods or behaviors start impacting work or relationships, there is a need to seek help.

Take to heart these verses from 1 Peter:

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. (1 Peter 5:6-7, NIV)

WEEK 5

Physical and Emotional Processes at Work

Before Your Meeting: Instruct everyone to read chapter 5—“It’s NOT Just a Lack of Faith”

As a Group: Explore pages 103-104

Talk It Out: The many worrisome thoughts that have held Briana Bartlett hostage—especially the fear of the unknown—aren’t caused by a lack of faith. For her, an unthinkable event changed everything. Now she faces a new question when she wakes up each morning: Will I be immobilized by my pain today ... or will I learn the patience to let God heal the root causes and show me how to get moving again?

→ **Reflect on your own struggles.**

What do I think is the root cause of worry for me and for others in my life?

→ **Consider this: Medical professionals have identified countless physical and emotional processes behind the fear-worry-stress cycle.**

Is all this stress in my life really “punishment from God”? Is it the result of weak faith? Could there be other issues that are causing me to suffer: trauma from my past, a stressful lifestyle, physiological processes inside my body? (Explain your answers.)

Wrap It Up: “People who suffer from anxiety are especially prone to engage in fearful self-talk,” explains Dr. Edmund Bourne, who specializes in the treatment of anxiety disorders. “Anxiety can be generated on the spur of the moment by repeatedly making a statement to yourself that begin with the two words: ‘what if.’”²

And the reasons for struggling are as varied as the issues bugging us ...

- **Long-term, Predisposing Causes:** heredity, dysfunctional parenting, childhood trauma
- **Recent Circumstantial Causes:** loss, life change, trauma in adulthood, increased stress levels at work and at home, recreational drug use
- **Maintaining Causes:** attitude and lifestyle choices, low self-confidence and self-worth, fearful *what-if* thinking, avoidance of fear or fearsome situations, development of a “worry habit,” neglect of exercise, consumption of large amounts of caffeine, sugar, or junk food
- **Neurobiological Causes:** deficiencies or imbalances in certain neurotransmitters, particularly serotonin, norepinephrine, GABA, and excessive levels of adrenaline; excessive reactivity of certain brain structures, especially the amygdala and locus coeruleus; insufficient inhibition or “braking” of excessive reactivity by higher brain centers such as the frontal or temporal cortex³

Live It Out: Let’s reread a quote from a therapist and anxiety expert, Dr. Eric T. Scalise: “Sometimes we become stressed as we deal with this often messy thing called *life*,” he explains. “Regardless of the cause, it does set into motion certain processes within the body and within the brain that affect mood. So just telling someone, ‘Pray more, read your Bible more, be in church more,’ shouldn’t be a Christian’s only solution. There may be other things that are going on inside that need immediate attention.”

Bottom line: Be comforted by the fact that you’re not alone in your struggles. And above all, never ever allow yourself to be stuck in a toxic pool of shame. While only a medical professional can accurately

diagnose your condition (and the conditions of loved ones in your care), there are steps we all can take, including lifestyle changes, to calm down and worry less.

Take to heart these verses from John:

“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” (John 14:27, ESV)

WEEK 6

How Adrenaline Fuels the Fear-Worry-Stress Cycle

Before Your Meeting: Instruct everyone to read chapter 6—“Facing Down a Monster”

As a Group: Explore pages 126-127

Talk It Out: While adventure and adrenaline go hand-in-hand, our homes need to be peaceful environments; safe havens from the hectic world around us. Yet medical doctors and psychologists say the average American family could make Indiana Jones seem boring. Many if not most have become adrenaline junkies, zooming through activities, and taking on more and more projects and tasks to the point of over-commitment and then exhaustion. It’s not surprising that so many feel helpless throughout their plunges down the rapids of fear, worry, and anxiety. What’s primarily fueling it all, doctors insist, is *adrenaline* itself.

Navigating a twisting, churning river through the mountains will get your chest pounding—but so will deadlines at work and pressures at home. Most of us are all too familiar with the feeling: As an adrenaline rush surges through us, our breathing accelerates, our heart rate jumps, our senses become heightened, and we receive an instant burst of energy. We even feel stronger. But if we remain too long in this supercharged state, we crash. (What goes up must come down, right?) That’s when we end up feeling all kinds of highly unwanted emotions: vulnerability, uncertainty, insecurity, doubt, fear, worry, stress. Fact: *Adrenaline causes stress, and stress produces anxiety.*

“People feel scared and helpless when experiencing so much emotional turmoil because they don’t know what is happening in their brains,” says Dr. Archibald D. Hart. “It seems so mysterious, and this lack of understanding only causes more anxiety.”⁴

→ **Evaluate your lifestyle (and those of others in your care).**

Would I describe my day as a triple shot of espresso, a cup of chamomile tea, or sort of a “green tea” combo of the two? Am I constantly revved up, or (as Dr. Hart recommends) am I able to “come down from the mountain” at some point during the day?

→ **Imagine climbers clinging to a jagged overhang—“ropeless” and high up in the Rockies. An adrenaline rush surges through their bodies as they defy death and climb to safety. In this context, adrenaline is vital ... and a very necessary physiological factor.**

Can I identify some instances in my life in which adrenaline is triggering the fear-worry-stress cycle? Do I feel there is an excess of adrenaline in my family?

→ **There are five key areas we must evaluate: diet, health, need for relaxation, importance of sleep, overall lifestyle. Share how you’ve assessed these areas.**

Are there changes I need to make?

Wrap It Up: Our lives are moving at a frantic pace. Most of us are *busy being busy*. And here’s another sad reality: Even our kids’ lives often are scheduled down to the half-hour. Along the way, we’re becoming more and more disconnected—from our families, from our friends, from our coworkers, even from God. We spend countless hours supposedly plugged in: surfing, emailing, posting, texting, tweeting ... staring at screens, typing quickly but not meaningfully interacting. We rarely talk to our neighbors, let alone know their names. Even in church we press through the crowds, slide into a pew or chair, and become spectators. We blend in ... but we don’t truly connect.

When we stop connecting with someone or something outside ourselves, we become anxious. When we start feeling that way, we frequently try to cope by escaping. More and more, the felt need for relief from anxiety and worry is leading us into addictions of a thousand kinds.

Live It Out: While life in front of the screen can distract from anxiety, it likewise can (and very often does) have the reverse effect. What's more, it's a hindrance to building deeper connections with the ones we love. Instead of having the necessary resources to process things cognitively and spiritually (in a meditative way), we're constantly on the go—and constantly we feel stressed (if not also anxious and worried). This is happening because our bodies are pumping adrenaline and cortisol. The solution: force yourself to step back, unplug, and slow down.

Take to heart this verse from the Psalms:

Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth! (Psalm 46:10, NIV)

WEEK 7

When a Struggling Faith IS the Issue

Before Your Meeting: Instruct everyone to read chapter 7—“Sleepless nights, Anxious Days”

As a Group: Explore pages 136-137

Talk It Out: Consider this observation from C. S. Lewis:

The almost impossible thing is to hand over your whole self—all your wishes and precautions—to Christ. But it is far easier than what you are trying to do instead. For what we are trying to do is remain what we call ‘ourselves,’ to keep personal happiness as our great aim in life, and yet at the same time be ‘good.’ We are all trying to let our mind and heart go their own way—centered on money or pleasure or ambition—and hoping, in spite of this, to behave honestly and chastely and humbly. And that is exactly what Christ warned us you could not do.⁵

→ **Think about the surrender / worry-free connection.**

Am I able to give up control and surrender my will to God’s will? If not, what’s keeping me from doing so? If so, in what practical ways will this bring relief from worry?

→ **Read Romans 8:38–39.**

Do I believe this? In what ways can this truth free me from worry?

Wrap It Up: In the Bible, Paul tells us to *stop perpetually worrying about the same things—ruminating about the same things over and over.* (See Philippians 4:6.) And he gives us the prescription for curing our worries: We’re to bring our requests to God with an attitude of thanksgiving, expecting that what awaits us is God’s peace, which surpasses all understanding. The very serious spiritual problem is that our lives become filled with fear and worry when we refuse to surrender all to Jesus. When we decline to be joined to our Creator, even when He has provided us a way back to himself through Christ, we settle down into the bog of our own anxiety.⁶

Live It Out: Embrace the big picture. Every moment is only a sliver when you take time to step back and look at your life as a whole. And yet these slivers aren’t insignificant at all. They’re the building blocks of our lives. The small decisions we make daily build the foundation of our own big picture. If we dwell on the mistakes, then we’re reinforcing them. If we decide daily to start fresh and move forward, then we’re building a stronger base for our future.

Dig deeper and identify the source of our motivation. *Who am I in the sight of my Creator? Why am I here? What am I to do with my life?* The answers to these questions cannot be found on the surface of our lives. They come from a much deeper place. It’s a place that gives birth to our self-identity and worldview. And once we go deep down and wrestle with our inner selves, then we can begin to identify who we are and why we’re here.

It’s often a messy battle as we sift through our beliefs and our past. But as we emerge on the other side, we begin to see how the puzzle pieces fit together. As the big picture begins to take shape, we’re able to find our place. And suddenly the worries found in the slivers of time seem so very small. Our focus shifts from the problems to our responses. And from this view we’re able to give thanks to God for all the opportunities we have to trust him. He is just waiting for us to release our burdens and worries into His care.

Take to heart this verse from Matthew:

Therefore I tell you, do not be worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life. (Matthew 6:25-27, NIV)

WEEK 8

A Mind-Body-Spirit Approach to De-Stressing and Calming Down

Before Your Meeting: Instruct everyone to read chapter 8—“Toward Right Thinking”

As a Group: Explore pages 175-176

Talk It Out: The Worry-Wise Plan is a mind-body-spirit solution that helps people unravel wrong thinking and negative thoughts. Consider again these words:

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”⁷

→ **We can break the fear-worry-stress cycle by attaining *homeostasis*—balance between stimulating and tranquilizing chemical forces in our bodies.**

How will I work toward accomplishing this in our home?

→ **Explain the following—and then, from one area of the Worry-Wise Plan (for example, “mind”)— share two changes that you and your family will make.**

Do I and my family fit right in with the world’s ways, or are we becoming new people as we learn to change our thinking and as those thoughts become our choices and actions?

→ **Managing worry can be lasting and successful when we learn to let go of yesterday’s troubles and stop ruminating about tomorrow. We are to find peace with God today ... in this moment.**

Do I believe this? Why, or why not?

Wrap It Up: We can find life only in God’s Living Spirit. Right thinking and emotional wellness don’t come about through mechanistic rituals or by filling our minds with positive thoughts or correct theology. This is nurtured through relationship with one Person: *Jesus Christ*.

The Bible makes it clear what medical professionals are now echoing: our mind, body, and spirit are interconnected. For example, obviously we inhabit a physical body, and our body’s health is connected to our feelings and thoughts. So from a behavioral health perspective, we know we need to treat our *entire* body. Obsessive thoughts—the judgmental ones and the negative self-talk that goes on inside our heads—can affect how we feel. This, in turn, can affect our bodies.

Live It Out: Our goal is *homeostasis*—the state of metabolic equilibrium between our body’s stimulating and tranquilizing chemical forces. Another way to state our goal is, “Let’s find balance again.” The question is, how? Once worry triggers an anxious state, how do we get our bodies to return to normal, that is, get the tranquilizing parasympathetic nervous system to calm things down? The answer is not stress elimination but stress management. This means learning how to take steps that will effectively help our brains to activate the relaxation response.

The answer: Live the Worry-Wise Plan; apply it daily to our own circumstances. Remember, we want to unravel wrong thinking/negative thoughts and begin managing worry. We'll need to accomplish this on three interrelated levels: our mind, our body, and our spirit.

Take to heart this verse from John:

“I have come that they may have life, and have it to the full” (John 10:10, NIV)

Endnotes

1 Those born between 1979 and 1995.

2 Edmund Bourne, PhD, *Coping with Anxiety* (Oakland: New Harbinger, 2003), 44.

3 Ibid., 10.

4 From “The Anxiety Cure According to Dr. Archibald Hart,” compiled by Audrey Wagner, Student Wellness Center (01/22/07), georgetowncollege.edu/studentwellness/2007/01/the-anxiety-cure-according-to-dr-archibald-hart/ (accessed 02/17/13). [Or, search “Archibald Hart anxiety” @ georgetowncollege.edu]

5 C. S. Lewis, “Giving All to Christ,” *Devotional Classics* eds. Richard J. Foster and James Bryan Smith (New York: HarperCollins, 1990), 9.

6 See Hart, *The Anxiety Cure*, 25.

7 Romans 12:2 NLT