



CRITICAL CONCERNS





Pulpit • Problem • Passage • People



The image features a dark teal, textured background that resembles a book cover or a piece of paper. The edges are irregular and torn, revealing a lighter, off-white or light teal layer underneath. The word "anxiety" is centered in a clean, white, sans-serif font. The overall aesthetic is moody and evocative, suggesting themes of mental health or emotional distress.

anxiety



fear

apprehension

unease

dread

tension

palpitations

anxiety

shortness  
of breath

foreboding

panic

worry

stress

“no peace”



“Everyone can feel anxious sometimes, but people with anxiety disorders often experience fear and worry that is both **intense** and **excessive**. These feelings are typically accompanied by physical tension and other behavioural and cognitive symptoms. They are difficult to control, cause **significant distress** and can last a long time if untreated. Anxiety disorders interfere with daily activities and can **impair** a person’s family, social and school or working life.”



Anxiety disorders are the world's most common mental disorders,  
affecting 301 million people in 2019.

However, only approximately 1 in 4 people  
with anxiety disorders receive treatment for this condition.



An estimated 31.1% of US adults (and 31.9% of adolescents) have experienced any anxiety disorder at some time in their lives.

An estimated 19.1% of US adults had any anxiety disorder in the past year.

Pandemic-era stressors have increased rates for depression and anxiety by upwards of 25%.

[nimh.nih.gov/health/statistics/any-anxiety-disorder](https://nimh.nih.gov/health/statistics/any-anxiety-disorder)  
[ncbi.nlm.nih.gov/pmc/articles/PMC9925363/](https://ncbi.nlm.nih.gov/pmc/articles/PMC9925363/)



Younger age groups exhibited a stronger association with anxiety symptoms compared with older individuals.

21% of adolescents ages 12-17 report experiencing symptoms of anxiety in the past two weeks.

Female adolescents were more than twice as likely as their male peers to report feelings of anxiety.



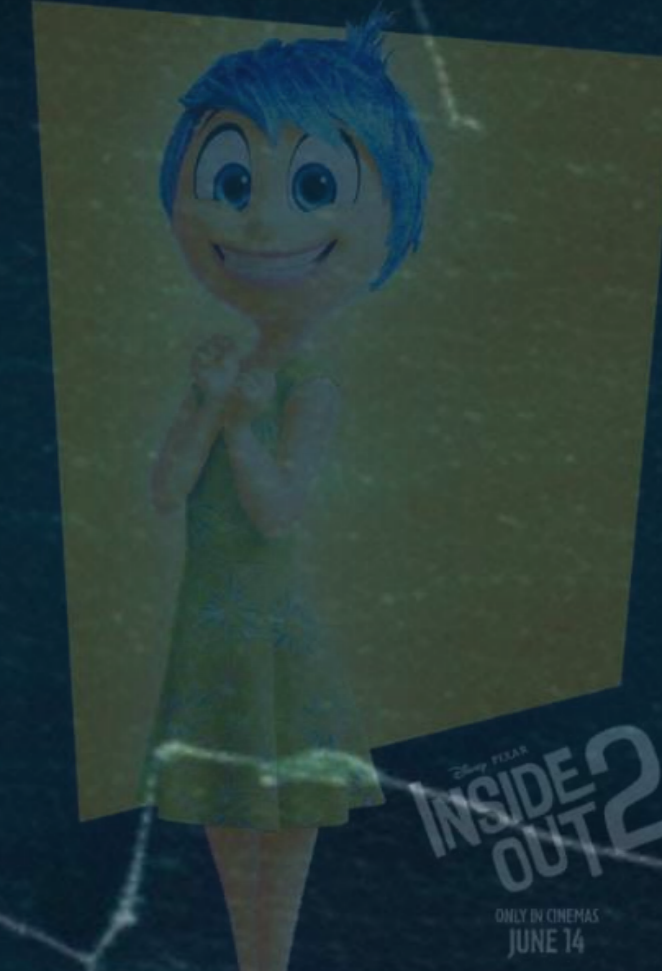
**1 in 3 adolescents report depression, anxiety  
but only 10% of parents can spot mental  
health issues: NUS-led study**

The Singapore Mental Health Survey (2010) found that about 100,000 Singapore residents (aged 18 and above) had anxiety disorders at some point in their lives. It took an average of 6 to 9 years for persons with anxiety disorders to seek help from the onset of illness.

[todayonline.com/singapore/1-3-adolescents-depression-anxiety-only-1-10-parents-spot-symptoms-2159106](https://todayonline.com/singapore/1-3-adolescents-depression-anxiety-only-1-10-parents-spot-symptoms-2159106)  
[samhealth.org.sg/understanding-mental-health/what-is-mental-illness/anxiety-disorders/](https://samhealth.org.sg/understanding-mental-health/what-is-mental-illness/anxiety-disorders/)



JOY



Disney Pixar  
**INSIDE  
OUT 2**  
ONLY IN CINEMAS  
JUNE 14

ANGER



Disney Pixar  
**INSIDE  
OUT 2**  
ONLY IN CINEMAS  
JUNE 14

SADNESS



Disney Pixar  
**INSIDE  
OUT 2**  
ONLY IN CINEMAS  
JUNE 14

ENVY



Disney Pixar  
**INSIDE  
OUT 2**  
ONLY IN CINEMAS  
JUNE 14

ANXIETY



Disney Pixar  
**INSIDE  
OUT 2**  
ONLY IN CINEMAS  
JUNE 14

EMBARRASSMENT



Disney Pixar  
**INSIDE  
OUT 2**  
ONLY IN CINEMAS  
JUNE 14

ENNUI\*  
\*IT MEANS THE BOREDOM



Disney Pixar  
**INSIDE  
OUT 2**  
ONLY IN CINEMAS  
JUNE 14

DISGUST



Disney Pixar  
**INSIDE  
OUT 2**  
ONLY IN CINEMAS  
JUNE 14

FEAR



Disney Pixar  
**INSIDE  
OUT 2**  
ONLY IN CINEMAS  
JUNE 14



dealing with  
anxiety





## 1 PETER 5

- 6 Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time.
- 7 **Cast all your anxiety on Him because He cares for you.**
- 8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.
- 9 Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.
- 10 And the God of all grace, who called you to His eternal glory in Christ, after you have suffered a little while, will Himself restore you and make you strong, firm and steadfast.



# 1. CHANGE YOUR FOCUS

**A. Our focus is usually on our circumstances.  
Anxiety is our response to these circumstances.**

- These circumstances are a result of the fallenness of man.
- Believers should face more “fiery ordeals/trials” because of our faith. “Dear friends, do not be surprised at the fiery ordeal that has come on you to test you...” (1 Peter 4:12-19)
- “The devil prowls around” (5:8), orchestrating circumstances to **discourage, distract and derail us** until he can **devour us**.



# 1.CHANGE YOUR FOCUS

**A. Our focus is usually on our circumstances.**

**B. But God wants us to focus on our connection with Him.**

- The enemy is trying to sever your connection with God.  
Will your fix our eyes on him or on God?
- “We **fix our eyes** not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.” (2 Cor 4:18)



# 1. CHANGE YOUR FOCUS

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**B. But God wants us to focus on our connection with Him.**

**Matt 6:25-33** “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more 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? Can any one of you by worrying add a single hour to your life?”



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“And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin ... If that is how God clothes the grass of the field ... will he not much more clothe you—you of little faith?”

“So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and **your heavenly Father knows that you need them**. But **seek first His kingdom and His righteousness**, and all these things will be given to you.”



# 1. CHANGE YOUR FOCUS

**A. Our focus is usually on our circumstances.**

**B. But God wants us to focus on our connection with Him.**

**C. When we allow our circumstances to outweigh our connection with God – that gap is where anxiety (fear, worry) breeds.**

- This is especially so for those who don't know Jesus, because they have no greater hope or help in facing their circumstances.



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**1. Change your focus from your circumstances to your connection with God!**



## 2. CHOOSE TO FIGHT

**A. Anxiety is not only a mental or emotional concern, but a spiritual battle, fought on spiritual battlegrounds.**

- “When elephants battle, the ants perish”
- This is an age-old battle of **lion vs lion!**
- “Your enemy the devil prowls around like a **roaring lion** ...” (1 Pet 5:8)
- “Do not weep! See, the **Lion of the tribe of Judah**, the Root of David, has **triumphed!**” (Rev 5:5)

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## 2. CHOOSE TO FIGHT

**A. Anxiety is not only a mental or emotional concern, but a spiritual battle, fought on spiritual battlegrounds.**

- Know that you are in a **spiritual battle**.  
“Be alert and of sober mind.” (1 Pet 5:8)
- Know that with God’s help, you can **resist the enemy**.  
“Resist him, standing firm in the faith!” (1 Pet 5:9)

**1. Change your focus from your circumstances to your connection with God!**



## 2. CHOOSE TO FIGHT

**A. Anxiety is not only a mental or emotional concern, but a spiritual battle, fought on spiritual battlegrounds.**

- A spiritual battle requires **spiritual weapons**. Word and Spirit.
- “For though we live in the world, we do not wage war as the world does. The weapons we fight with are **not the weapons of the world**. On the contrary, they have **divine power to demolish strongholds**. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we **take captive every thought** to make it obedient to Christ.” (2 Cor 10:3-5)

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## 2. CHOOSE TO FIGHT

**A. Anxiety is not only a mental or emotional concern, but a spiritual battle, fought on spiritual battlegrounds.**

**B. This spiritual battle will not cease on this side of eternity.**

- 1 Pet 5:9 – Everyone in the family of believers faces the same trials
- “For I consider that the **sufferings of this present time** not worth comparing with the glory that is to be revealed to us.” (Rom 8:18)
- “In this world you **will** have trouble. But take heart! I have overcome the world!” (John 16:33)

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**C. The more we fight alongside God, the more He strengthens us!**

- “We rejoice in our sufferings, knowing that suffering produces **endurance**, and endurance produces **character**, and character produces **hope**. And hope does not put us to shame, because God's love has been poured into our hearts **through the Holy Spirit** who has been given to us.” (Rom 5:3-5)

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- “Consider it pure joy ... whenever you face trials of many kinds, because the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. Blessed is the one who perseveres under trial because, having stood the test, that person will **receive the crown of life** ...” (James 1:2-12)

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- “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the **peace of God**, which transcends all understanding, will **guard your hearts and your minds** in Christ Jesus.” (Phil 4:6-7)

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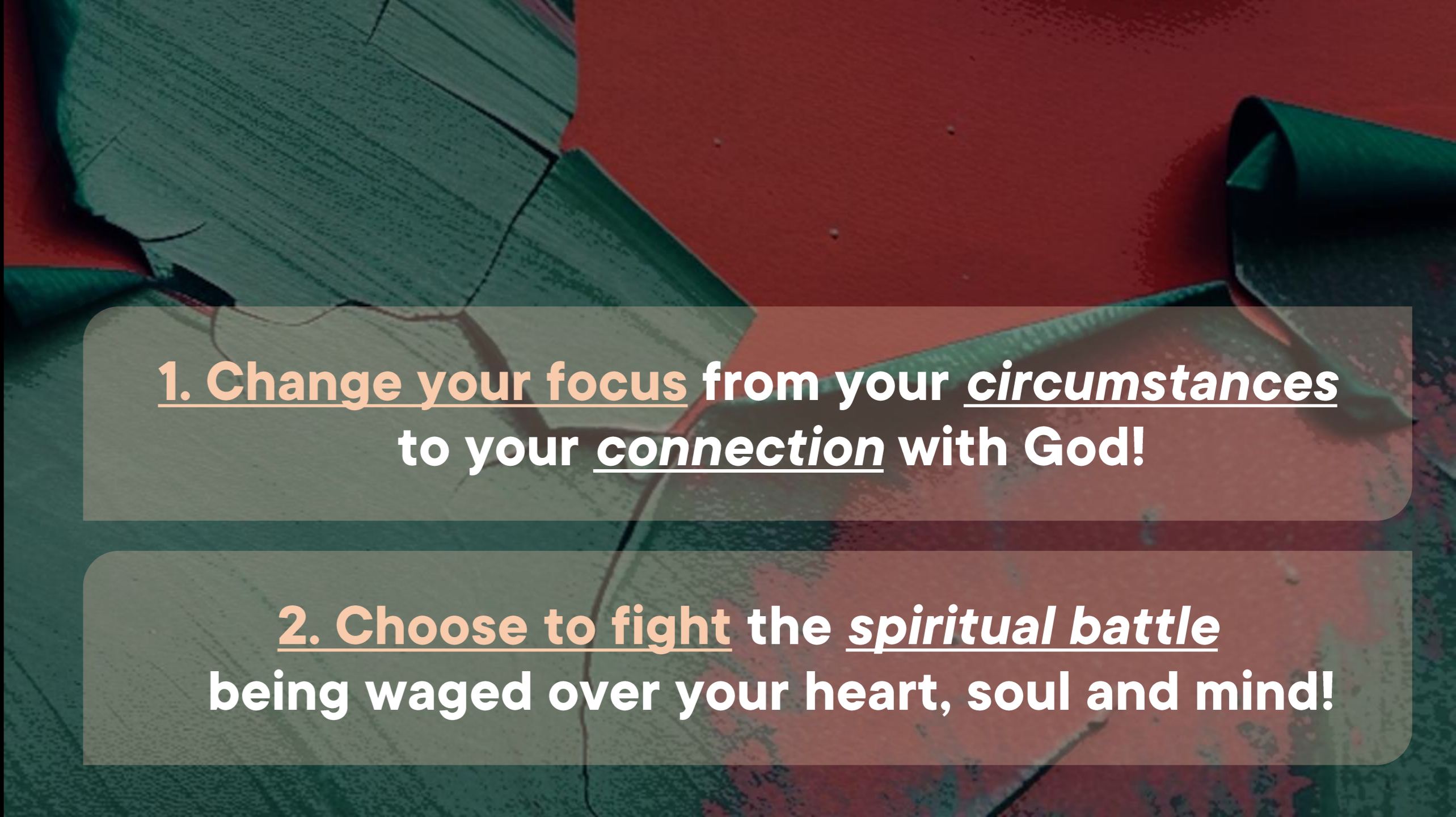
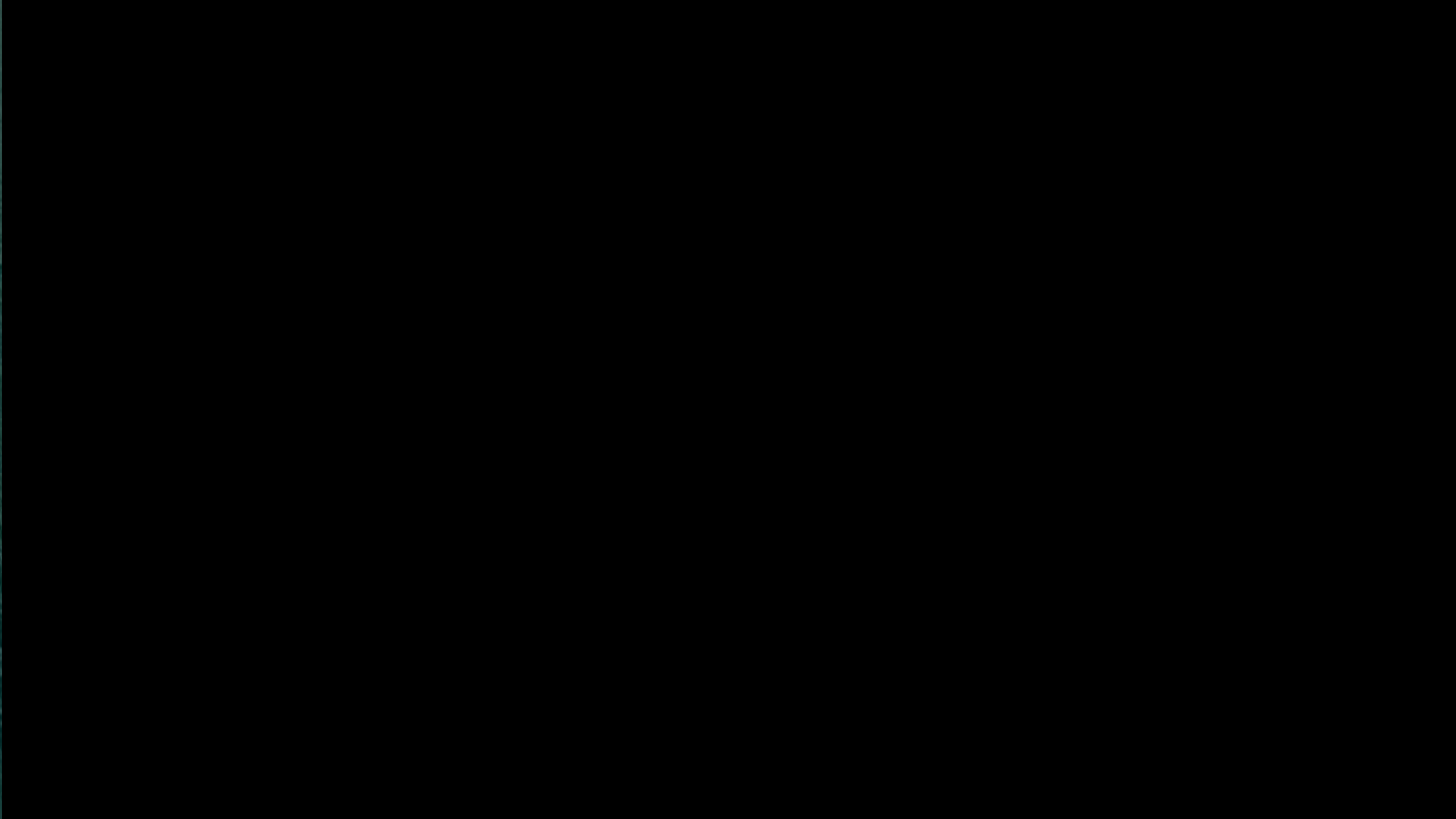
## 2. CHOOSE TO FIGHT

- A. Anxiety is not only a mental or emotional concern, but a spiritual battle, fought on spiritual battlegrounds.
- B. This spiritual battle will not cease on this side of eternity.
- C. The more we fight alongside God, the more He strengthens us!

**2. Choose to fight the spiritual battle being waged over your heart, soul and mind!**

**1. Change your focus from your circumstances to your connection with God!**





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### 3. COME TO THE FATHER

#### A. Know the Power of your Heavenly Father.

- *He has the power to restore you.*
- “Humble yourselves, therefore, under **God’s mighty hand**, that He may **lift you up** in due time.” (1 Peter 5:6)
- “**The God of all grace**, who called you to His eternal glory in Christ, after you have suffered a little while, **will Himself restore you and make you strong, firm and steadfast.**” (1 Peter 5:10)

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### 3. COME TO THE FATHER

#### A. Know the Power of your Heavenly Father.

- *He has the power to help you.*
- “Fear not, for I am with you; be not dismayed, for I am your God. **I will strengthen you, I will help you. I will uphold you with my righteous right hand.**” (Isa 41:10)
- “I lift up my eyes to the mountains—  
Where does my help come from?  
**My help comes from the Lord,**  
The Maker of heaven and earth.” (Psalm 121:1-2)

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### 3. COME TO THE FATHER

**A. Know the Power of your Heavenly Father.**

**B. Know the Heart of your Heavenly Father.**

- “This is what the Lord says:  
I have loved you with an **everlasting love**;  
I have drawn you with **unfailing kindness**.  
I will build you up again.” (Jer 31:2-4)

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to your connection with God!**

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### 3. COME TO THE FATHER

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**B. Know the Heart of your Heavenly Father.**

“Jeremiah 31 is possibly the most beautiful, redemptive, loving chapter in the Bible. It is a relentless, everlasting torrent of love. Wave after wave, on every possible front, for every one of His beloved. That’s you.”

*The Lord Will Turn Mourning to Joy*

**31** <sup>a</sup>“At that time, declares the LORD, <sup>a</sup>“I will be the God of all the clans of Israel, and they shall be my people.”

<sup>2</sup> Thus says the LORD:

“The people who survived the sword  
found grace in the wilderness;

<sup>b</sup> when Israel sought for rest,

<sup>3</sup> the LORD appeared to him <sup>7</sup> from far away.

<sup>c</sup> I have loved you with an everlasting love;  
therefore <sup>d</sup> I have continued <sup>e</sup> my faithfulness to you.

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#### THE FATHER’S HEART IS TO GIVE HIS SONS & DAUGHTERS ...

- 31:2 grace in the wilderness
- 31:3 love to His chosen
- 31:7 gladness to the remnant
- 31:8 home to the exile
- 31:9 a father to His children
- 31:10 a shepherd to the flock
- 31:11 ransom for the captive

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- 31:12 water to the soul
- 31:13 joy to the mourning
- 31:13 comfort to the sorrowful
- 31:14 abundance to the priests
- 31:14 his goodness to His people
- 31:16 reward for our work
- 31:16 release from the enemy

**1. Change your focus from your circumstances to your connection with God!**

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- 31:17 hope for the future
- 31:18 His heart for His children
- 31:18 mercy for the wayward child
- 31:23 blessings for the land
- 31:24 dwelling for His people
- 31:25 satiates the weary

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- 31:25 replenishes the languishing
- 31:26 sweet sleep
- 31:28 watch over your house
- 31:31 a new covenant
- 31:34 forgiveness to the sinner
- 31:40 an eternal city for His people

**1. Change your focus from your circumstances to your connection with God!**

**2. Choose to fight the spiritual battle being waged over your heart, soul and mind!**



**1. Change your focus from your circumstances to your connection with God!**

**2. Choose to fight the spiritual battle being waged over your heart, soul and mind!**

**3. Come to the Father – cast all your anxiety on Him for He cares for you!**





Charmaine Goh, 13  
Based in Taipei, Taiwan since 2022  
with her parents (BBTC Mission Partners)







# Cast all your anxiety on Him.

Change your Focus. Choose to Fight. Come to the Father.  
Take heart. *Everything is going to be okay.*