



## CELL GUIDE

---

<b>TOPIC</b>	Dealing with Anxiety	<b>SPEAKER</b>	DSP Edric Sng
<b>THEME</b>	Critical Concerns Beyond the Souls of Man	<b>DATE</b>	Sep 7 & 8, 2024

---

# MESSAGE SUMMARY

## INTRODUCTION

Everyone can feel anxious sometimes, but people with anxiety disorders often experience fear and worry that is both intense and excessive. Prolonged anxiety disorders may interfere with daily activities and can impair a person's family, social and school or working life. Post Covid pandemic, younger age groups of individuals, especially adolescents ages 12-17, report experiencing symptoms of anxiety in the past two weeks with female adolescents being twice as likely to feel so.

Bringing to us the word in season from 1 Peter 5:6-10, Ps Edric shares how we can deal with prolonged anxiety that overwhelms us to the point where we act out of character.

## DEALING WITH ANXIETY

### 1. CHANGE YOUR FOCUS

We change our focus from our circumstances to our connection with God. As human beings, we naturally engage our five senses to focus on our circumstances based on what we can see, feel, touch and hear. Anxiety may be a consequential response that is triggered.

While such circumstances are a result of the fallenness of man, "the devil prowls around" (1 Pet 5:8), orchestrating circumstances to discourage, distract and derail us until he can devour us when our connection with God is severed.

As believers, we should face more "fiery ordeals/trials" because of our faith (1 Pet 4:12-19). God tells us to "fix our eyes (on Him) 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) Our Lord Jesus tells us not to worry about our life, what we will eat or wear. Our Heavenly Father knows that we need them. As we seek first His Kingdom and His righteousness, all these things will be given to us. (Matt 6:25-33)

When we allow our circumstances to outweigh our connection with God, that gap is fertile ground for anxiety (fear, worry) to breed. When we fix our eyes on Jesus and seek Him as our topmost priority, we know that He will provide for and protect us because He has promised that He will neither leave us nor forsake us.

## 2. CHOOSE TO FIGHT

Anxiety is not only a mental or emotional concern, but a spiritual battle, fought on spiritual battlegrounds. We choose to fight this spiritual battle being waged over our hearts, souls and minds. Our response to our circumstances is the spiritual battle we choose to fight in faith, being alert and sober-minded, knowing that the Lion of the tribe of Judah, our God, already has the victory (Rev 5:5).

We engage in this spiritual battle with spiritual weapons – God’s Word and the Holy Spirit – to demolish the strongholds (constant stress, anxiety, fear, worry etc.) 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). We demolish every overwhelming ungodly thought with what God’s Word says about our situation.

While we will continue to face trouble on this side of eternity (John 16:33), the more we fight alongside God, the more He strengthens us. As we learn to deal with sufferings and anxiety, we gain endurance as we get better at handling such circumstances, engaging our spiritual weapons. Endurance produces character, and character produces hope in knowing that God loves us and fights alongside us (Rom 5:3-5). We can then consider it joy as we face and persevere under trials (James 1:2-12) and not be anxious because the peace of God which transcends all understanding will guard our hearts and minds in Christ Jesus (Phil 4:6-7).

## 3. COME TO THE FATHER

Our Heavenly Father has the power to restore us (1 Pet 5:10), help us (Isa 41:10, Ps 121:1-2) and He loves us. Jeremiah 31 depicts the love of God and His heart for us as His beloved children. As such, we can come to the Father and cast all our anxiety on Him for He cares for us.

In Jeremiah 31, the Father’s heart is to give His sons and daughters:

31:2	grace in the wilderness	31:12	water to the soul	31:17	hope for the future	31:25	replenishes the languishing
31:3	love to His Chosen	31:13	joy to the mourning	31:18	His heart for His children	31:26	sweet sleep
31:7	gladness to the remnant	31:13	comfort to the sorrowful	31:18	mercy for the wayward child	31:28	watch over your house
31:8	home to the exile	31:14	abundance to the priests	31:23	blessings for the land	31:31	a new covenant
31:9	a father to His children	31:14	His goodness to His people	31:24	dwelling for His people	31:34	forgiveness to the sinner
31:10	a shepherd to the flock	31:16	reward for our work	31:25	satiates the weary	31:40	an eternal city for His people
31:11	ransom for the captive	31:16	release from the enemy				

## CONCLUSION

“Cast all your anxiety on Him, because He cares for you.” (1 Pet 5:7). We choose to focus on God instead of our circumstances as we choose to fight the spiritual battle. With God fighting alongside us, we can take heart because everything is going to be okay. God has everything under His control. He always has a way out in every circumstance. Whatever your anxiety is, come to the Father. “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 Pet 5:10)

# QUESTIONS

1. Recall instances in the past week when you have felt anxious. How did you manage your anxiety?

2. “The devil prowls around” (1 Pet 5:8), orchestrating circumstances to discourage, distract, and derail us until he can devour us. How can we discipline ourselves to continually change our focus to fix our eyes on God, and not on our own circumstances?

3. With God fighting alongside us, we can take heart because everything is going to be okay. What situations or people are you concerned for right now? How can you bring this to God and how can you bring encouragement to that situation or people group?

# APPENDIX - HELPLINES

(If you know someone who may need help, share this with them too)

**Bethesda Care Service:** 64451500

- <https://bethesdacare.sg/>

*If you would like pastoral counselling, kindly surface your request to your Cell Leader/Supervisor/Overseer.*

## Seeking Jobs and Career Coaching

- Workforce Singapore: <https://www.wsg.gov.sg/>

- My Careers Future: <https://www.mycareersfuture.gov.sg/>

*If you would like us to connect you to a BBTCian with regards to seeking guidance about your job/career, email [admin@bbtc.com.sg](mailto:admin@bbtc.com.sg)*

**National Care Hotline:** 1800-202-6868  
(8am-12am daily, from 1 Sep 2020)

## Mental Well-being

- Fei Yue's Online Counselling Service
- Institute of Mental Health's Mental Health Helpline (6389-2222)
- Samaritans of Singapore (1800-221-4444)
- [Silver Ribbon Singapore](#) (6385-3714)

## Marital and parenting issues

- [Community Psychology Hub's Online Counselling platform](#)

## Violence or abuse

- [Big Love Child Protection Specialist Centre](#) (6445-0400)
- HEART @ Fei Yue Child Protection Specialist Centre (6819-9170)
- [PAVE Integrated Services for Individual and Family Protection](#) (6555-0390)
- Project StART (6476-1482)
- [TRANS SAFE Centre](#) (6449-9088)

## Counselling

- TOUCHline (Counselling) – 1800 377 2252