

VICTORY TEMPLE
CHRISTIAN COUNSELING
ENCOURAGEMENT NEWSLETTER
NOV. 2022

What Does the Bible Say about Anxiety?

Hope Bolinger July 28, 2021

Often when Christians meet fellow believers who deal with anxiety, whether temporary or chronic, they will sometimes quote the verse “do not be anxious about anything” from Philippians (**Philippians 4:6**).

They may do so to:

- Reassure the believer God has control no matter what circumstances life presents;
- Remind the believer to keep their mind on things above rather than earthly worries;
- In some cases, put an end to a conversation that many Christians can find difficult or awkward to navigate, especially if they have not dealt with chronic anxiety before.

No matter the reasoning, the Bible does have more to say on the subject of anxiety than a few words from Paul. This article will explore some people who dealt with anxiety in Bible, whether for a lifetime or for a brief moment of anguish, what the Bible has to say specifically, and how we can address the anxiety of a fellow believer or deal with our own worries.

People who experienced anxiety in the Bible:

Although those in biblical times probably would not have had a word for chronic or temporary anxiety, biblical writers did experience periods of worry, unease, and angst. This article does not address every case in which writers or people mentioned in [Scripture](#) experienced anxiety, but it will mention a few acute cases.

David : One cannot talk about anxious thoughts without addressing the many [Psalms](#) of David, which cry out to the Lord in distress. For instance, David describes himself as in “pain” and “afflicted” ([Psalm 69:29](#)). Circumstances such as King Saul seeking to kill David and his many foes rising against him led him to fear for his life and the future.

Daniel: When confronted with terrifying visions, Daniel fainted and lay sick for days ([Daniel 8:27](#)). In the previous chapter he had described his mental state as “troubled in spirit” because of the visions he saw ([Daniel 7:15](#)). When he saw what the future held, what terrifying rulers and

powers would take hold of the future, it disturbed him, rendering him unable to do much for several days.

Jesus: In the Garden of Gethsemane, Jesus experienced such distress and apprehension, his sweat turned to droplets of blood ([Luke 22:44](#)).

Some doctors have attributed this phenomenon to what is known as “hematidrosis.” Doctors have linked this to one’s fight or flight response. It seems to be caused by extreme distress, anxiety, or fear. For Jesus to sweat droplets of blood, he would have to have so much apprehension that blood vessels in his head would burst from the pressure and leak droplets of blood.

What does the Bible say about anxiety specifically?

Although some people experienced anxiety in the Bible, Christians should know what Scripture says about anxiety in general. Christians can quote the verse from Philippians to reassure each other about God’s control, but what else does the Bible have to say?

First, one can take a look at some of the examples above to see how those people confronted their anxiety.

For instance, whenever David cried out to God in anguish, at the end of the Psalm he acknowledges God’s power and plan ([Psalm 13:5](#)). This might indicate Christians should place their trust in God, even when anxious thoughts and worries can cause them to feel the opposite way.

In addition to how biblical examples deal with anxious thoughts, Christians can look to the following verses for guidance when it comes to anxiety:

- [1 Peter 5:7](#)– Peter encourages Christians to cast their cares on God, because God cares for them. This might mean giving worries to God, knowing He’ll work all things for good.
- [Matthew 11:28](#)– Jesus tells us to come to Him with our burdens that make us weary, and He’ll give us rest. Similar to the verse above, this seems to indicate believers should come to God with whatever makes them apprehensive, and He will exchange their loads with peace.
- [Matthew 6:25-26](#)– In these verses, Jesus seems to indicate Christians shouldn’t worry about what they’ll wear, eat, or drink. He mentions how God takes care of the birds of the air. If He does so, and humans have greater value than birds, how much more will He pay attention to the needs of His people?

As for Christians who do not currently deal with anxiety, what should they do? Scripture encourages us to bear one another’s burdens ([Galatians 6:2](#)). When a fellow brother or sister struggles with fears of what the future may hold, Christians should walk alongside them and provide comfort and peace during volatile moments in life.

What does this mean for Christians who struggle with anxiety?

Believers will likely experience circumstances in life which will leave them anxious or apprehensive. Considering 40 million people in the United States (about 18 percent) of the

population experiences chronic anxiety within a given year, several Christians may struggle with crippling fear.

During such times, Christians should:

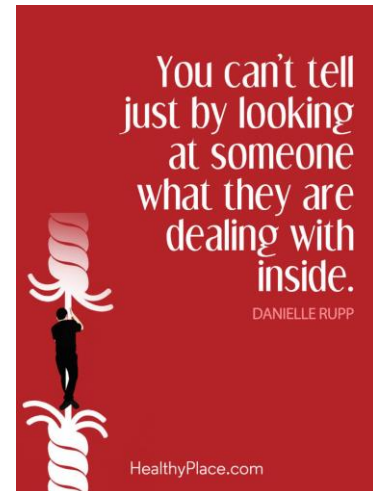
- **Comfort and encourage them.** All Christians struggle, and it never helps to adopt a pharisaical attitude during a brother or sister's greatest time of need.
- **Provide for whatever needs a brother or sister has.** Perhaps they have grown worried about where their next meal will come from. God promises to provide for the needs of His people, but He often does so through other believers.
- **Walk alongside them during the struggle.** We will all face times in our lives where we need the love and support of other believers. Someone who deals with anxiety may need that support right now.



***Don't be
ashamed
of YOUR
STORY.
It WILL
inspire
others.***

Do not be **anxious**
about anything,
but in **every situation**,
by **prayer and petition**,
with **thanksgiving**,
present your requests to **God**.

~Philippians 4:6~



Senior Pastor Louis C. Polk

MENTAL ILLNESS AND THE CHURCH¹ *Breaking The Silence*

“The church needs to respond with understanding and the love of Christ to those struggling with mental illness. **By Amy Simpson**

“People who live with mental illness, whether their own or someone else’s, need to break the silence.” — Amy Simpson

UNDERSTAND THE CRISIS When the subject of mental illness comes up, many people think first of the most serious, disruptive disorders like schizophrenia, bipolar disorder, obsessive-compulsive disorder, post-traumatic stress disorder, and major depression. These are the types of illness that tend to be featured (**usually inaccurately**) in popular media, linked (**again, inaccurately**) with violence on the evening news, and associated with suicide. But most people with mental illness do not die by suicide, hear hallucinatory voices, or commit acts of violence.

Mental illness is a broad term for a variety of disorders in different categories, affecting thinking, feeling, behavior, mood, social interaction, and self-expression. Mental illness is not a fringe experience best kept in the closet or under the rug. Every year, 25 percent of the U.S. adult population suffers from a diagnosable mental illness. That’s about equal to the total percentage of people diagnosed with cancer each year, those living with heart disease, people infected with HIV and AIDS, and those afflicted with diabetes—combined!

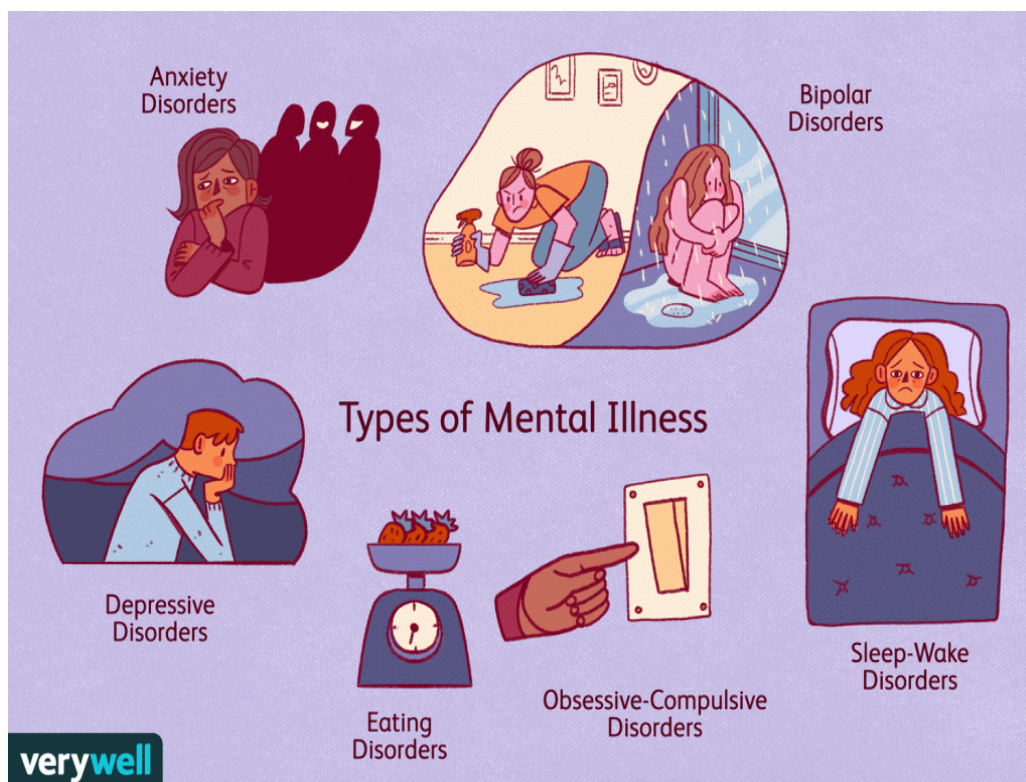
That equates to around 50 million people in the United States. And that’s only each year. Because many mental illnesses (**like depressive episodes**) are short-term and not chronic, an

¹FactsandTrends.net/MentalHealth

even higher percentage of people are affected by a mental illness at some point in their lives. The statistics are staggering, but they don't tell the whole story. Every case of mental illness represents a family affected in some way by that disease. Mental illness causes financial burdens and hardships.

Our mental health care system is badly broken and hard to navigate, making it difficult to access care. Furthermore, as with other forms of health care, the burden of managing care and treatment is on the person with the illness, who may not be able to handle the condition (**and who may not even acknowledge or understand it.**)”

Being the body of Christ universal, we must respond with love, compassion, and understanding to this community of believers and non-believers who are experiencing mental illness. According to Acts 3:1-11, “At the hour of prayer, a certain man lame from his mother’s womb was carried and laid daily at the Temple’s gate...’ The impotent man was laid at the gate... Selah. We, the body of Christ, have a great High Priest who has passed through the heavens, Jesus the Son of God who can sympathize with our weaknesses. So, let us go boldly and bring those who are suffering from various illnesses to the throne of grace to obtain mercy and find grace to help in our times of need (**cf. Hebrews 4:14-16**). Also, let us fervently pray daily for our mental healthcare system and its workers!



Christian quotes on mental health-- biblereasons.com/mental-illness/

“When God has already defined you as His and purposed by Him, no mental illness can change that.” – Brittany Moses

“When you cannot see the future and not knowing the outcome gives you anxiety, focus on the One who has gone before you. He knows the plans He has for you.” Brittany Moses

“Even as a Christian, you’ll have good days and you’ll have bad days but you’ll never have a day without God.”

What is mental illness? Fritz Chery Sep 29, 2022

Mental health disorders refer to health conditions that affect the way a person would respond to the demands of everyday life. Mental illnesses involve changes in a person’s behavior, thinking, or emotions.

Types of mental illnesses:

- Anxiety disorders
- Depression
- Bipolar disorder
- Neurodevelopmental Disorders
- Mood disorders
- Schizophrenia and Psychotic disorders
- Feeding and Eating Disorders
- Personality disorders
- Obsessive-compulsive disorder
- Post Traumatic Stress Disorder (PTSD)

What is the difference between Mental Illness and Mental Retardation?

• **Definitions of Mental Illness and Mental Retardation:** May 17, 2015 Posted by [Admin](#) • Mental illness can be defined as a psychological condition that affects the thoughts, behavior, and emotions of an individual. It usually creates a tension in the individual making him unable to function as usual. Such a person can be under a lot of stress and have difficulty in functioning as an ordinary person. This illness will bring about changes in both his personal and professional life. Some of the common mental illnesses are depression, anxiety, personality disorders such as multiple personality disorder and other mental illnesses such-as [Obsessive-Compulsive Disorder](#), [schizophrenia](#), [eating disorders](#), panic disorders, [phobias](#), etc.

• Mental retardation is a condition where the individual has a lower IQ and has difficulty in coping with the realities of day to day life. This is also known as an [intellectual disability](#) in the health sector. In such a situation, the brain of the child is not developed up to the normal range, making it difficult for the child to function. When speaking of mental retardation there are four levels.

They are,

- Mild
- Moderate
- Severe
- Unspecified

A person who is mentally retarded can have difficulties in learning and speaking. He can also have disabilities in physical and social activities as well. Mostly these can be diagnosed during childhood itself. Mental retardation can be caused due to malnutrition, childhood sicknesses, trauma before or during birth, and genetic abnormalities. Mental retardation can be treated with counseling and special education, which allows the individual to cope with day to day activities. This highlights that mental illness and retardation should not be considered as the same.

Worship Opportunities:

Sunday Morning Prayer.....9:00am

Sunday School..... 9:30am

Sunday Morning Worship.....11:30am

Wednesday Bible Study.....6:00pm

Conference Call Line 978-990-5000 Code 328062#

Discipleship Training

every other Thursday..... 6:30pm

Friday Morning Prayer..... 11:00am

Conference Call Line 978-990-5000 Code 328062#

Brotherhood every 2nd

and 4th Saturday..... 8:00am

Victory Temple 9402 Dodson Houston Tx 77093

www.victorytemplechurch.net <https://victorytemplechurch.net/our-pastor-and-first-lady>

Conference Call Line 978-990-5000 Code 328062#

In all that we go through in life, in all that we face we must put our trust in God.



National Suicide Prevention Lifeline 1-800-273-TALK (8255) Spanish/Español: 1-888-628-9454

Abuse & Neglect, Texas Department Of Family And Protective Services (TDFPS) Phone: 800-252-5400
www.dfps.state.tx.us/Contact_Us/report_abuse.asp Hotline to report abuse, neglect and exploitation of children and the elderly or adults with disabilities.

Mental Health & Substance Use Services, Health & Human Services Phone: 866-378-8440
www.hhs.texas.gov/services/mental-health-substance-use Provides information on mental health and substance abuse programs and services, mental health promotion, substance abuse prevention and intervention information. Substance Abuse hotline: 877-966-3784 and Mental Health hotline: 877-277-2226.



2211 Norfolk, Suite 810 Houston, TX 77098 General: [713-523-8963](tel:713-523-8963)

Fax: [713-522-0698](tel:713-522-0698) Email: info@mhahouston.org

Satellite offices throughout Greater Houston

Harris Mental Center 9401 Southwest Freeway Houston, TX 77074

Crisis phone: 866-970-4770 Main phone: 713-970-7000

www.theharriscenter.org

Call 211 or 311 for direct assistance on many other agencies of help.