

Bridgeway Community Church
Series: Overwhelmed
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Overwhelmed: Embracing the Emotional Part of Me

Regret Anger **Nervousness** Grief Empathy

“The mind is a terrible thing to waste.”
- The United Negro College Fund (UNCF)

Our physical nervous system touches every part of our body.

What is the nervous system? It is that system/network that controls a lot of what is going on in our body like our temperature and hormones. It takes the communication from the brain and communicates message throughout the rest of the body. We could say that the nervous system is communication courier of the brain's messages to rest of the body and extremities.

The spinal cord is the super highway of the nervous system.

The brain is like computer software, the nervous system is the hard wiring that the software runs through.

When the brain perceives a threat, it immediately activates the nervous system preparing us for FIGHT or FLIGHT. This automatically happens.

Nerves are normal. Nerves are natural.

Is **NERVOUSNESS** different than **ANXIETY**?

Technically it maybe, but in this sermon I am using them interchangeably to address what many of us know as anxiety, anxiousness, nervousness, worry and even fear.

From a mental health perspective Anxiety and an “Anxiety Disorder” are two different things.

Nervousness and anxiety while are natural responses to stressful situations, they are temporary. After those stressful episodes pass, the nervousness and anxiety subsides.

An Anxiety Disorder is a psychiatric condition that is permanent, it is persistent and needs to be addressed by a mental health professional due to the brain chemistry.

Don’t confuse them with each other. We are going to be addressing the nervousness/ anxiety, NOT the Anxiety Disorder.

If you have a health insurance card, on the back of the card could have a phone number for mental health. We can all use it! Call that number when you need it.

When it comes to mental health, stresses, anxiety, relational issues, it’s okay to get help!

There is a Mental Health and Faith ministry at Bridgeway. Check out the website for more information.

How do you get your **body and **mind** under control?**

Four Ways to get your mind right

1. **C - CALL on Jesus in the middle of your stress storm**

Mark 4:35-41

That day when evening came, he said to his disciples, “Let us go over to the other side.” ³⁶ Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. ³⁷ A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. ³⁸ Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?”

³⁹ He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm.

⁴⁰ He said to his disciples, “Why are you so afraid? Do you still have no faith?”

⁴¹ They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

In the middle of a stress storm, work on the problem, not the lesson. Notice what Jesus did. He handled the problem FIRST and then gave the LESSON.

2. A - ASK Jesus for peace during the quiet storm

A quiet storm is that underground shivering of the soul that is building up when others may not even see it.

Philippians 4:6-8

⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

If you want to get your nerves right, you got to get your mind right.

Some people go after the nerves but can never get them under control.

Go after the mind. The mind controls the nerves.

Go to God and ask for peace.

3. **L - LOOK** for the positive things that bring joy

Philippians 4:8

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

I believe in positive thinking because the Scriptures are into positive thinking! Are you saying NEGATIVE thinking is the preferred option?!

The gospel is called 'Good News' not 'Bad News!'

If we want to get our mind right, what we have to do is to look for the positive things that bring joy.

What are the true, noble, right, pure, lovely, admirable, excellent and praiseworthy things?

What are your joy triggers? What brings you joy? It could be a poem, it could be a song. What is it that you can put your brain on that is true? Beauty. Creation. Looking at a painting. Lighting a candle. Writing a poem.

Psalms 1:1

Blessed *is* the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

² But his delight *is* in the law of the LORD; and in his law doth he meditate day and night.

³ And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

We are never going to have a stress free life, but if we are planted and rooted in God's word...we will not break. We may bend, but we will not break.

4. **M - MANAGE** the negativity in your life

If the word is telling us that we've got to focus on that which is positive, that which brings us joy, that which is true...that means we are going to have to manage the negativity in our own spirit.

Negative thoughts about other people.

It is okay to limit the number of stressful situations if you have the ability to do it.

"I am not going to give that any energy."

You need to be prepare yourself for stressful situations that you know you are going to be in. Think through what you are going to say when asked the stressful question. Don't be unprepared for them.

C A L M