

WHAT IS ANXIETY?

Understanding Anxiety & Our Goal

- Definition: An automatic, emotional response to a real or imagined threat.
- Clinical vs. Situational: We are not addressing chronic medical conditions or clinical anxiety. If you need medical or therapeutic support, please consult a professional.
- The Goal: To become less anxious. We cannot remove every threat in a changing world, but through miracle, medicine, or practice, we seek wholeness from the Lord.

THE INNER DWELLING | Philippians 4:6-8

Your inner life is a dwelling place—the space you inhabit alone. How we care for our inner dwelling requires two ongoing practices:

1. TRANSFORM (Making Repairs)

"Do not be conformed to this age, but be transformed by the renewing of your mind..." — Romans 12:2

- All Formation is Deformation: To build new, healthy patterns of thinking, we must dismantle old lies and habits (e.g., unhealthy attachments, fear of scarcity).
- Taking Thoughts Captive: We cannot always stop intrusive thoughts from entering, but we can choose whether they get to stay.
- "...we take every thought captive to obey Christ." — 2 Corinthians 10:5

2. PROTECT (Adjusting Our Windows)

"Whatever is true, honorable, just, pure, lovely, commendable... dwell on these things." — Philippians 4:8

- Guard Your Inputs: Your eyes and ears are the windows to your inner home. Constant phone, news, and media overstimulation taxes your central nervous system.
- Process vs. Dwell: Acknowledge and process real grief or hardships, but do not allow unhelpful anxiety to become the permanent place you live.

PRACTICES FOR THE WEEK

1. Unplug: Turn off devices and embrace quiet.
2. Take a Walk: Clear your mind and move.
3. Focus on Joy: Revisit a cherished memory that grounds you.
4. Share a Meal: Enjoy time with loved ones without your phone.
5. Quiet Time with God: Ask the Holy Spirit to show you what to surrender or remove from your dwelling.

NOTES



NEED PRAYER

If you need prayer for anything, email Pray@jchurch.life, or fill out a connect card so we can be praying with and for you!

NEW BELIEVER

Have you accepted Jesus as Lord and Savior? We are so excited for you and your new journey. Please fill out a connect card so we can follow up with you!

FIRST TIME GUESTS

If this is your first time here, thank you for joining us today! Stop by the Welcome Booth for a Guest Bag (there's a coffee gift card too).

