

CGL Training Day

June'23 Pastoral Spotlight: Anxiety

1. An Introduction to Anxiety

2. Understanding Anxiety

- Other's Experience
- Your personal Experience
- Biblically

Popular Passages (Lk.12:22-29, 10:41, Phi. 4:6)

Other Passages (Phil.2:20, 1Cor.12:25, 7:32-34, 2Cor.11:26-28)

Popular Passages in Context (Phi. 4:4-9, Lk.12:22-32)

More Passages (1Pt.5:6-7, Mt.6:34, 14:24-27, Ps.56:3, 94:19, 23:4, 46:1)

- Applied (Theory to Practice)

Pause

List/Journal *some things*

Gather/Journal good reasons

Identify hijacks

Talk Honestly

Do what need to do today

Recruit others to pray

3. Walking with the Anxious

- 7 Caregiving Postures

Posture 1: Remember the Saviour

Posture 2: Remember the church

Posture 3: Humility & Love

Posture 4: Aiming for Faith, not Zen-like

Posture 5: Aiming for Growth, not Perfection

Posture 6: Self-awareness

Posture 7: Be a Friend in Christ

- Anxious Amy/Adrian

- Resources on Anxiety

Materials you could use together

Materials to equip yourself