

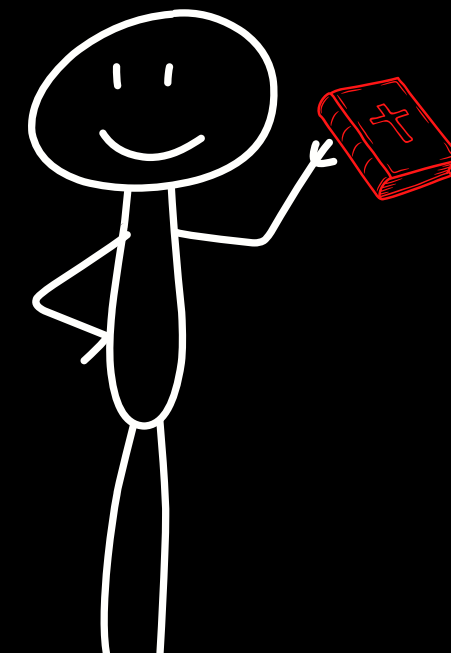


# FIGHTING FEAR WITH FAITH:

A Christian Woman's Mini-Course on  
Managing Anxiety

# WHAT YOU CAN EXPECT

Identify anxiety triggers, understand how your worldview shapes your response, and discover biblical truths and tools to navigate anxiety with faith and confidence.



# Part 1

## ANXIETY

→ What is it?

→ Components of Anxiety

→ How Anxiety Shows Up

→ How We React & Respond to Anxiety

Anxiety is a natural part of being human. We all experience it in various forms throughout our lives, from everyday stressors to more significant concerns.

While coping methods and medication can be helpful in managing anxiety when necessary, this guide focuses on the deeper roots—the bigger life challenges and uncertainties that affect our hearts and minds

Through a biblical worldview, we gain clarity on how our faith influences our reaction to anxiety, helping us respond with peace and assurance.

# What is Anxiety?

Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes. It is often triggered by the anticipation of future events or situations that may involve uncertainty, danger, or stress.

# COMPONENTS

**External:** things we can't control

Financial Worries

Job Pressures

Health Concerns

Uncertainty About the Future

World Events

**Internal:** things within our control

Self-Talk

Responses

Expectations

Setting Boundaries

Perspective

# What Makes You Anxious

What are YOUR individual stressors?

External

Internal

# HOW ANXIETY SHOWS UP



## Mind

Incessant Thoughts

“What If” thinking

Conclusion Jumping

“Always & Never” thinking

Self-Defeating Thoughts

Predicting

Difficulty Focusing

“Shoulding” yourself and others

Assuming

Catastrophizing

Perfectionism

## Body

Shortness of Breath

Stomach Upset

Heart Palpitations

Muscle Tension

Sweating

Restlessness

Nausea

Insomnia

Lightheadedness

Shaking

Dry Mouth

Urge to Pee



# How Does YOUR Anxiety Show Up?

Mind

Body

# HOW DO YOU HANDLE ANXIETY? DO YOU REACT OR RESPOND?

Reacting often leads to a short-term emotional release involving impulsively or instinctively without much thought or consideration.

VS

Responding involves taking a moment to pause, think, and choose a thoughtful, intentional action

# Part 2

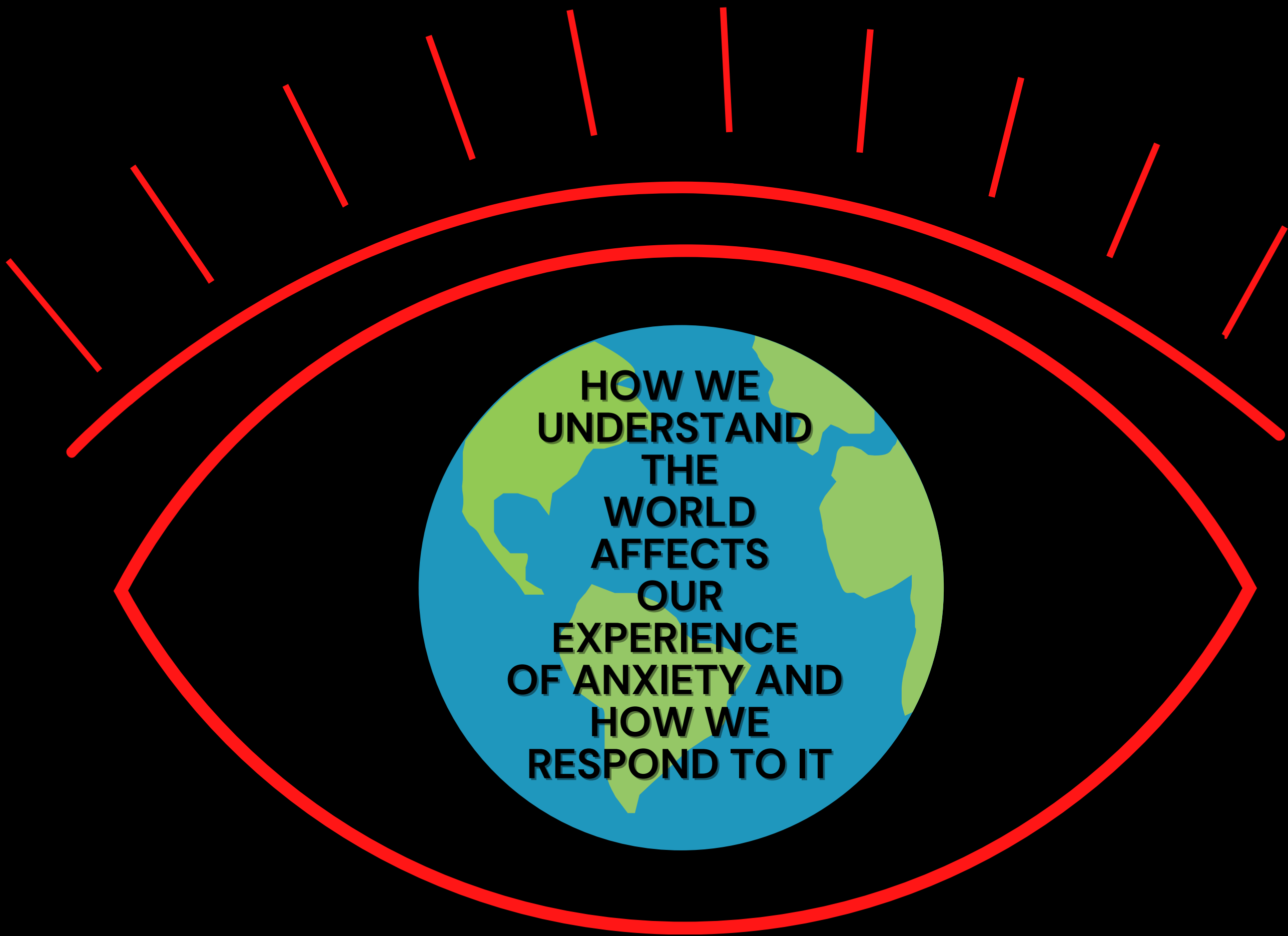
## WORLDVIEW

→ What is it?

→ What is YOURS?

→ Worldly vs. Godly

→ The Impact of Worldview on Anxiety



**HOW WE  
UNDERSTAND  
THE  
WORLD  
AFFECTS  
OUR  
EXPERIENCE  
OF ANXIETY AND  
HOW WE  
RESPOND TO IT**

# WHAT IS YOUR WORLDVIEW?

What do you believe about the world?

**Some question to ask yourself:**

- 🌍 What's your view on how the world began, and how it is sustained?
- 🌍 What do you believe is *the* purpose of life?
- 🌍 Why is there suffering in the world?

# Example

What's your view on how the world began, and how it is sustained?

What do you believe is the purpose of life?

Why is there suffering in the world?

<u>World</u>	<u>God</u>
Randomness Natural Processes Science	Designer Creator Divine Being
Self-Actualization Material Success Achievement Surviva/Adapt	Honor, Worship & Glorify God Love & Serve Others To Be In Relationship With God To become more like Christ
Human Actions Natural Causes Circumstances	Fallen World For His Purposes Spiritual Growth Show Gods Glory

# WHAT DOES THIS HAVE TO DO WITH ANXIETY?

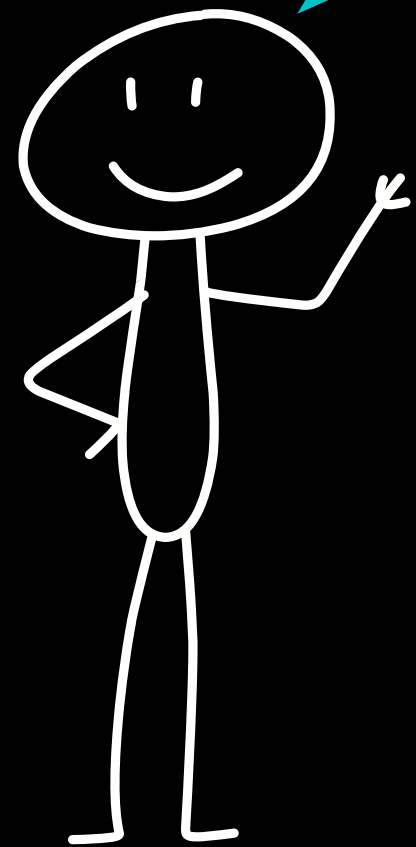
💡 Knowing that God is sovereign over all things—both in how the world began and is sustained—helps us surrender control, giving reassurance in anxious moments.

💡 When we believe that God is in control of creation and every detail of our lives, we can trust that He will be with us in our anxiety, helping us respond with faith and wisdom instead of reacting in fear.

💡 Anxiety can drive us closer to God, strengthening our dependence on Him and deepening our relationship.

💡 Understanding that suffering exists due to living in a fallen, broken world shifts our focus from a 'why me' mindset to asking, 'How is God going to use this for His purposes?'

💡 With a biblical understanding of anxiety, we can offer comfort and encouragement to others who struggle, sharing the hope we have in Christ.



now  
what?

Now that we've looked at how anxiety affects us and how our worldview shapes our response, it's important to recognize that anxiety doesn't always come from just natural or external factors—it can also be influenced by spiritual forces.

Understanding spiritual warfare and the enemy's role can help us see why anxiety arises, and give us the tools to fight it on a spiritual level.



# Part 3

## BATTLE PLAN

→ Know the Enemy: Titles & Tactics

→ Know Your Weak Spots

→ Know God

→ Know Thyself

Tempter

Deceiver

Father of Lies

# BATTLE PLAN

KNOW THE ENEMY

Adversary

Devil

Prince of Darkness

1

TEMPTING  
SELF-RELIANCE

- Encourages self-sufficiency and independence.
- Relying on our own strength rather than trusting in God.

DECEPTION

- Distorts the truth and manipulates our perception of reality.
- Causes doubt about God's promises, our worth, and His plans for us.

FEAR

- Magnifies our worries and doubts.

DISCOURAGEMENT

- Wears us down by emphasizing our weaknesses, failures, and imperfections.
- Keeps us focused on our limitations.

LACK OF PEACE

- Creates a sense of unrest and turmoil.
- Wants to keep us in a state of anxiety.

# **BATTLE PLAN:**

## MANAGING ANXIETY WITH FAITH AND CONFIDENCE

2

### **KNOW YOUR WEAK SPOTS**

Identify areas where you're most vulnerable to anxiety.

### **KNOW YOUR DESIRES AND TEMPTATIONS**

Be aware of the temptations that threaten your peace (e.g., control, perfectionism).  
Recognize how these desires can fuel anxiety and distract you from God's peace.

### **KNOW THE BATTLE YOU'RE UP AGAINST**

Learn more about spiritual warfare.

# **BATTLE PLAN:**

## MANAGING ANXIETY WITH FAITH AND CONFIDENCE



### **DEVELOP A BIBLICAL WORLDVIEW**

Shift your focus from the world's ways to a godly perspective. By aligning your thinking with biblical truths, you reframe anxiety as an opportunity instead of a curse.

### **KNOW WHO GOD IS**

Understanding God's nature—through reading His Word—shows his Sovereignty, Trustworthiness, Faithfulness & Love.

### **KNOW WHO YOU ARE IN CHRIST**

**CLAIM** your identity in Christ. You are a daughter of the King, fully loved, equipped with His power, and capable of dealing with any challenge through Him.

# YOUR VICTORY IS SECURED

The ultimate battle is already won through Jesus. Your anxiety does not define you: God's truth and the power of the Holy Spirit within you do.

By relying on His strength, you CAN stand firm, face anxiety with courage, and walk in peace.



You've started a powerful journey today. Stay connected and follow me for more encouragement, biblical wisdom, and practical tools to nurture your mental health, thrive in your faith, and navigate life through a biblical worldview

Stay Connected: Follow for More Encouragement and Tools to Thrive

Book me to speak or lead a session at your next event or conference

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