



# Finding Calm in Anxiety's Storm

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At

Heritage Presbyterian Church

# Our Plan This Morning



- Introduction to Anxiety
- A Biblical Take on Anxiety
- Dealing with Anxiety

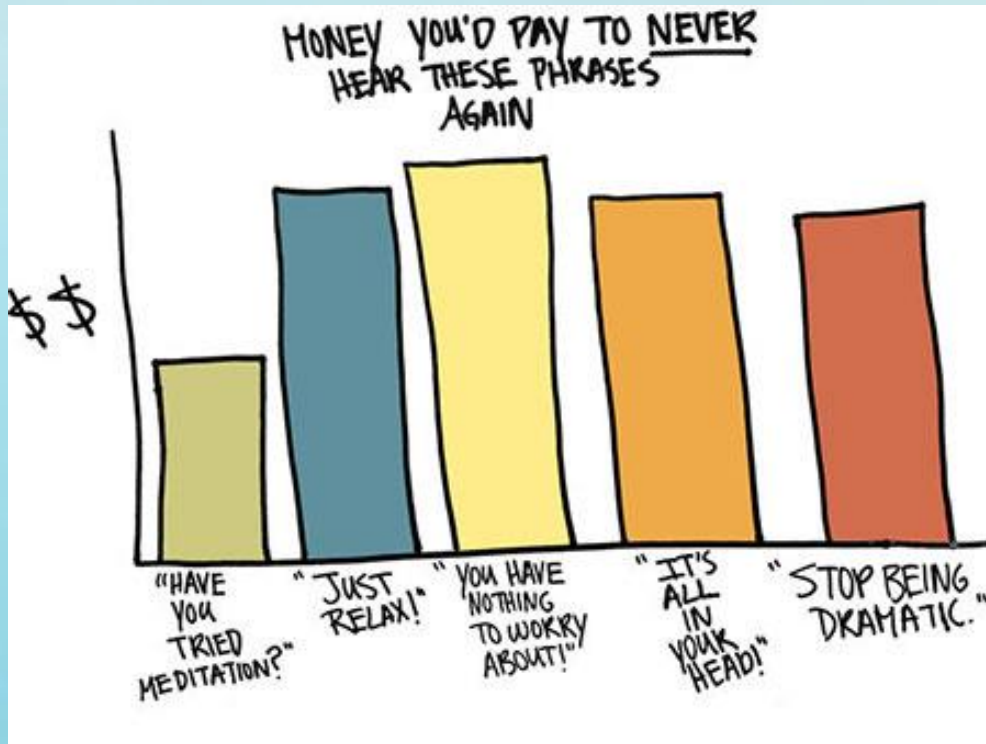


Introductory Issues

# Anxiety in the World Today

- America has become predominantly a godless society
- Meaning for many people there is no hope of someone or thing being in control
- No guiding moral compass
- Christians may feel like we've "lost" the culture wars
- For a while science became the replacement authority
  - And during COVID was made to sound more godlike than it actually is
  - To speak of "THE" science is not to understand the complexities of science
- We have also lost confidence in leadership and culture
- So a general angst about our times is growing
- Add to this: Post-COVID anxiety and cancellation anxiety

# “I’m worried that I might be anxious!”



- When do worry and anxiety become problems?
- Anxiety is not a “yes” or “no” problem.
  - Not like the measles one has or doesn’t have.
- Yet, 33.7% of people will have an anxiety disorder.

# When There Might Be a Real Problem

Anxiety that's **excessive** to the actual threat  
producing it  
(Driving is dangerous, but HOW dangerous?)

Anxiety when there actually **IS** no threat.

**Excessive** reaction to the symptoms of anxiety.  
This produces panic attacks

**Excessive** avoidance of contexts that create anxiety.  
“Parties make me nervous, so I won't go to the mixer.”



# Understanding Anxiety

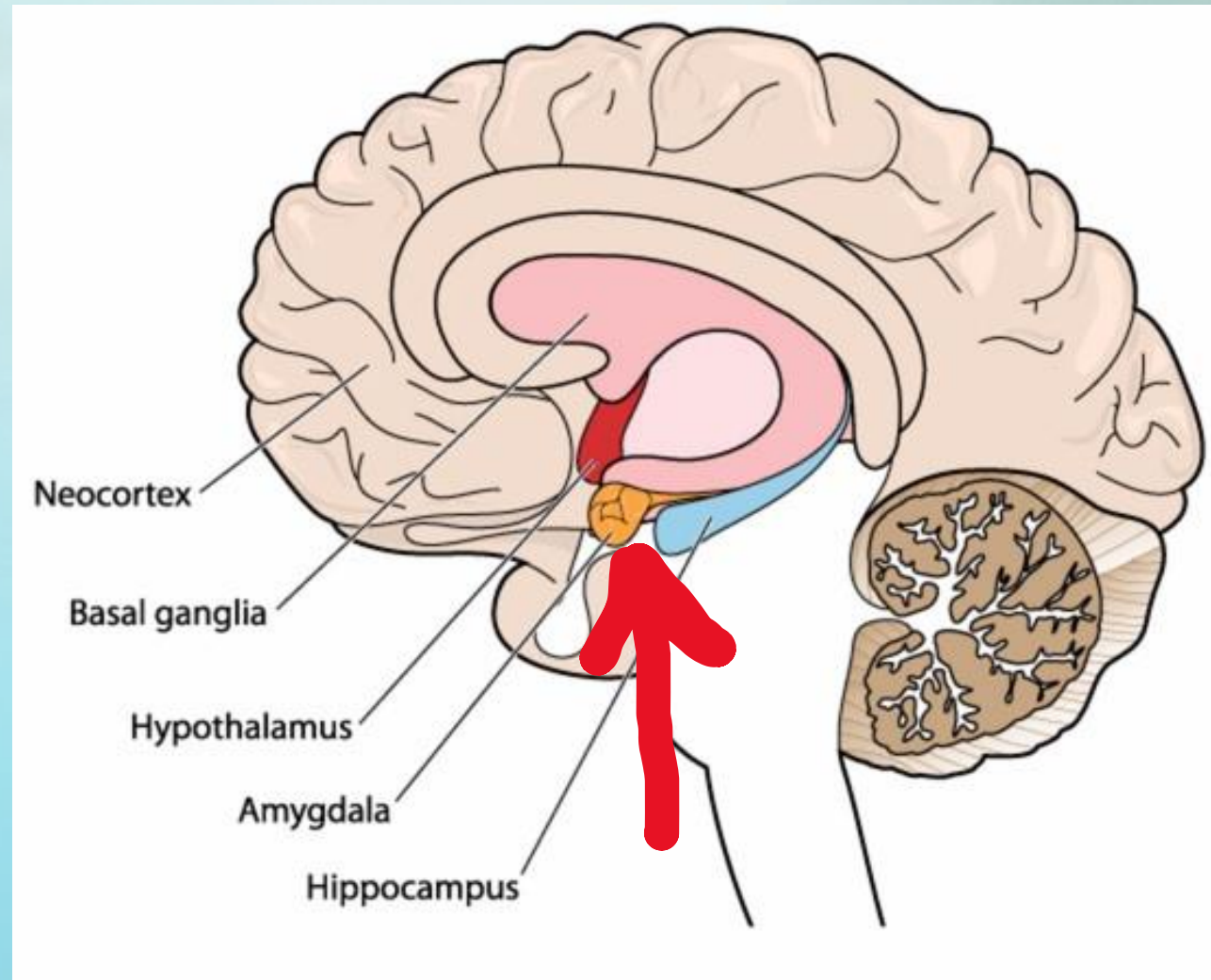
# Anxiety in Humans

- Not as simple as we might think.
- We are biased to believe: thinking > emotion
- And as such, that if we change our thinking, we can change our emotions automatically
- This reflects some cognitive bias, though it can be true
- E.g., if I start thinking about what it would be like if my house was being robbed, I will become anxious.
- But, often it goes the other way: anxious emotion precedes thinking, which can verify or falsify it and label the feeling
- To understand, let's look at the brain and anxiety: and admittedly, this will be oversimplified



# The Very Basics

- The emotion of anxiety is when the **amygdala** senses danger
- Responds faster than the “thinking brain” or neocortex
- Thinking brain then gets the message, but after the sympathetic nervous system activated
- This can be called...

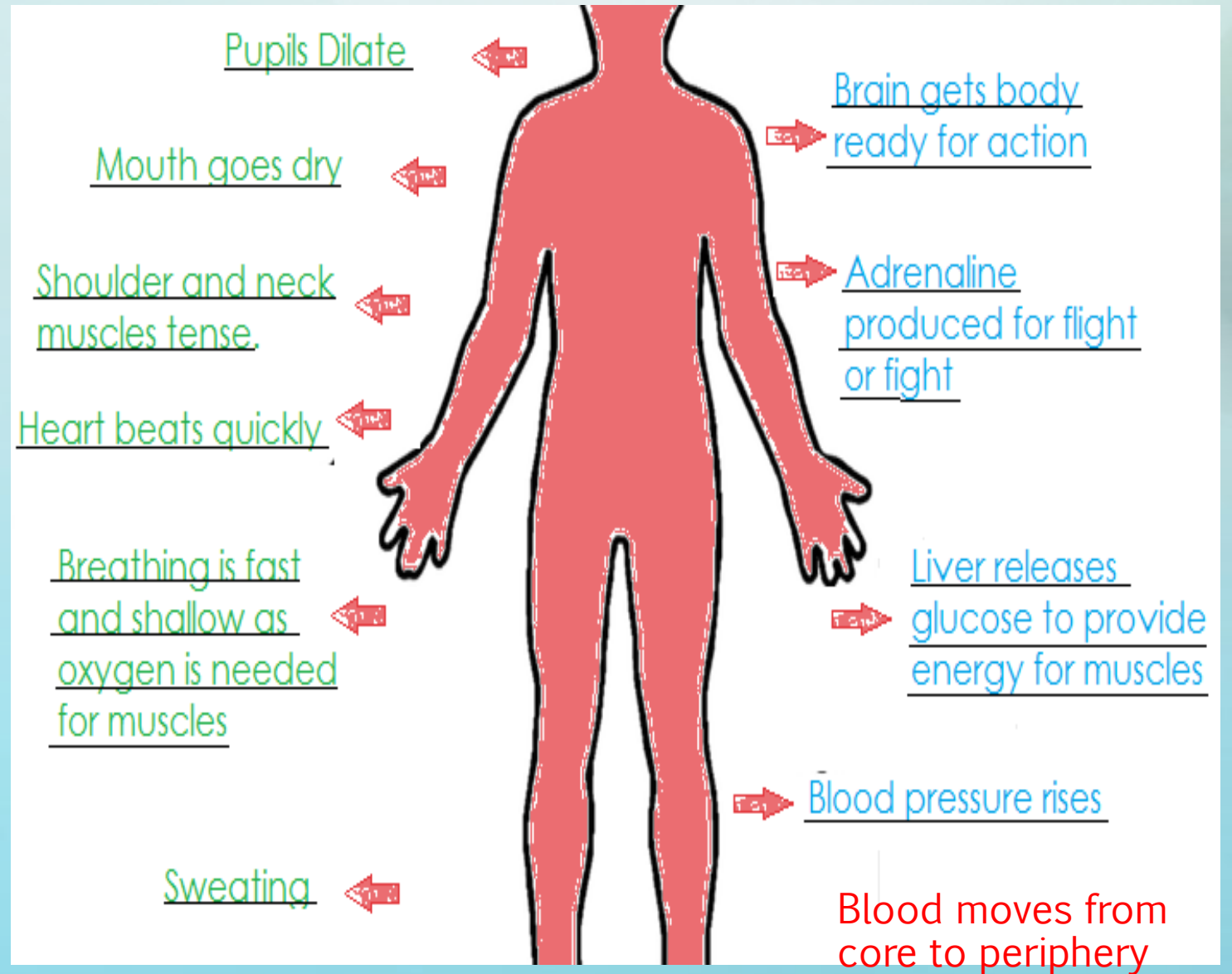


# Bottom Up Anxiety: How Fear Works

- EMOTION is at its root a physiological thing, rooted in our bodies and lower brain more than our conscious mind. Here is **FEAR**
- Reaction of the shepherds to the appearance of the angels
- Or if someone jumps out and says “boo”
- Our unconscious brains (not our conscious minds) and our bodies react quickly and produce important changes designed by God to protect us from dangers
  - E.g. reacting to a rattlesnake
- Our history trains our brains/bodies to fear certain things
- Worse if we avoid things that are actually OK
  - E.g. my Panera story

## This Yields the Symptoms of Fear: The Fight or Flight Response

► Prepping you to run from or fight against the threat – *assuming there really is one*



# The Thinking Brain Steps In

- EMOTION > THINKING
- As soon as our conscious mind is aware of the fearful bodily sensations, it evaluates them.
- If it decides there is a danger, it immediately sets out to alleviate it
  - This is great for rattlesnakes (get away slowly), and for frayed wires on a lamp (unplug it!)
- But what if there is not a danger? What if the alarm was triggered because it is too sensitive, or has mislearned what is dangerous?
  - Then this can lead to worrying, trying to figure out what is wrong, and then even worrying about worrying (meta-worry!)
- By not being able to solve the problem, increases anxiety
- **OR**, it can notice the alarm is false, and not take action, letting the physical changes resolve naturally
- In short, feelings of fear are an **AMBIGUOUS ALARM** sometimes

## What to Do with the Alarm??

- The key is to properly assess whether the alarm is accurate, and respond accordingly
- it is a tough pattern to break as each time our conscious minds believe and act on a false alarm, the trigger is made more sensitive
- If one learns not to react, slowly the trigger will become less sensitive
- But if one devises ways to avoid false alarms, they become stronger



# Where That Can Lead...

- Not only worry and stress, but...
- If it interprets a person or thing as a threat (even to one's sense of self or to one's relationships), may also manifest in **ANGER** (the “fight” of flight or fight)



# Top-Down Anxiety (Worry and Stress)

- Here **thinking** starts the process.
  - We imagine threats that are not imminent
- The way God made us, thinking of the danger can trigger the anxiety response from the top down
- thinking > emotion
- Such worry is rooted in self-protection, but in the wrong ways
  - We often underestimate spiritual dangers (do we fear sin and evil?)
  - And overestimate physical and psychological dangers
  - Because we are too earthly minded
- **Strangely, we find it easier to believe God can save from sin than see us through things we worry about!**



What Does the  
Bible Say About  
Anxiety?



# Context

- The most common command in the Bible is “Be not afraid” and its variants
- So, God knew:
  - We’d be afraid
  - But usually don’t need to be

# Foundational Doctrines

- Humans are valued as made in **God's image**
- Yet, sinful by nature since the Fall
  - The first sin prompted by idea that God did not have our best in mind
  - Preferred physical things to spiritual
  - And immediately they were anxious about being near God
  - And about their future
  - Part of **original sin**
  - Emotions and thinking are now tainted by sin, naturally alienated from God



# Terms: Phobos and Fear

- Most common in NT and LXX (Greek translation of the OT) is “phobos”
  - The flight caused by being scared
  - Mostly about fearing natural threats, other people, but also about fearing God
  - Can be prompted by fleeing potential rather than actual danger
- Closer to BOTTOM UP fear
- Reaction of disciples when:
  - Jesus stilled the storm (Mk 4:41)
  - Came walking on the water (Mt. 14:26)
- Those seeing signs and wonders in Acts 2:43
- Church to walk in fear of the Lord (Ac 9:31)
- Generally not used in a bad sense
- And some are more fearful from birth (result of the Fall)

# Healthy Fear

- “Fearing God” is different than anxiety and is commended in Scripture. A “reverential awe”
  - Awed though approachable; moves us toward God
  - A mild version would be my breakfast with RC Sproul
- While various emotions were attributed to Jesus, he is never said to have been afraid
- Very often it is necessary
  - E.g. if walking in a dark area at night
  - Or driving in a pouring rain
- Also Philippians 2:12
  - Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear [*phobos*] and trembling
  - Fear tells us what we are most afraid of losing

# Merimna and Anxiety/Worry

- Noun: distracting care, thought, or anxiety
- So, verb is “take thought for” or “be anxious about”
- E.g. Matthew 6: 25, 28, 34
  - We’re not to be anxious about life or tomorrow; it can’t add to the length of life [and research shows it can actually shorten it!]
- 1 Peter 5:7: the care we are to cast on God
- This relates to what we now call worry or anxiety
  - Worry/care make us feel mentally threatened even as they try to “solve” the threat
  - Anxiety is more the physiological arousal this causes
    - Activation of the fight/flight response when there is no present danger
  - This is TOP DOWN anxiety
  - The “what if” problem

# Unhealthy Anxiety (Worry): Is it Sin?



- It is generally OK to have normal concerns when facing genuine threats
- Often it is sin, **but just saying so does nothing to overcome it!**
- It IS very often an issue of faith
- Compare a jealous husband who has a faithful wife, yet is anxious about her commitment to him
- Such worrying dishonors the wife
- Just as our anxiety can dishonor a faithful God

# Summary

- For the believer, it is fearing man or circumstances more than God
- It is a *lack of hope and faith* that God will provide and protect
- Stated differently, anxiety is fearing something will go awry (that is, one will lose personal control) and seeking to prevent it by *gaining control*
- Also, our bottom – up system can be trained by experience, so is challenging to change
- These suggest directions for interventions
- Addressing these issues is where we find help, NOT in just saying the person “ought” to trust God.
- OR just praying that God will miraculously and suddenly take away fear
  - Cp. Praying for weight loss



## Dealing with Anxiety





## Vital Point!

- Much anxiety is “subclinical” and can be improved informally. But if it is pretty bad:
- **PSYCHOTHERAPY IS A PREFERRED ‘FIRST STEP’ IN MOST CASES OF MILD TO MODERATE ANXIETY**
  - Studies show psychotherapies often are **more effective and even less expensive** than medication for anxiety disorders.
  - Ideally, try therapy first; then, add medication if insufficient progress.
  - Except in extreme cases.

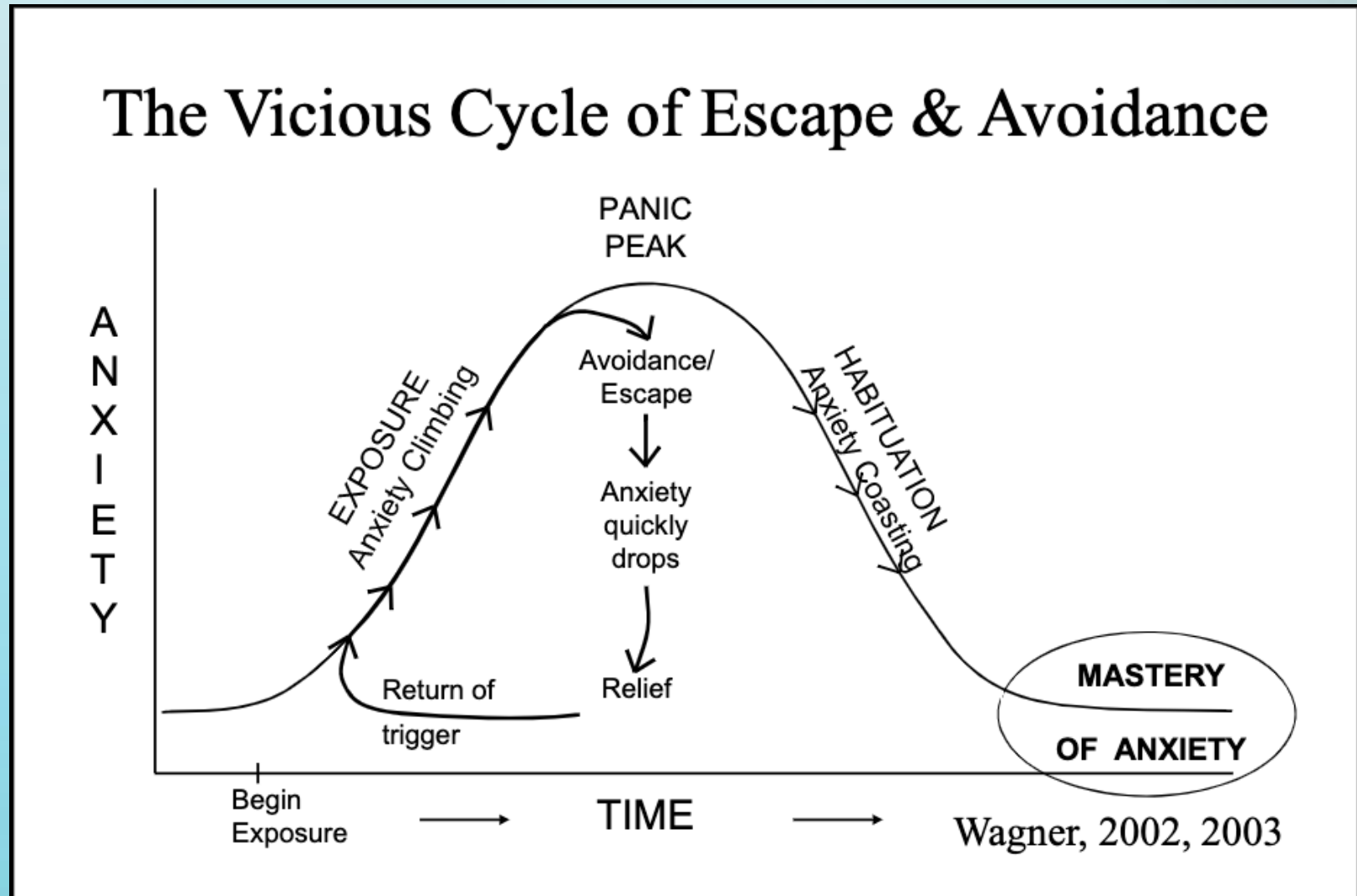
# Bottom-Up Anxiety: Exposure



- Technique involving exposing oneself to the feared thought or situation (internal or external) creating anxiety
- Goal is to reduce fearful reactions/distress surrounding the feared thought or situation through

controlled and repeated exposures

# How It Works



# Reduce Avoidance/Escape: Safety Behaviors

- These worsen anxiety in the long run
- Negatively reinforcing
- Keeps you from disproving your concern/fear
- Prevents learning how to overcome the anxiety
- Makes you think the behavior made you safe when it didn't
- Increases awareness of fear stimuli and sense of danger
- Leaves little place for trusting God

# Dealing with Top-Down Anxiety/Worry

- Review a few key texts
- Consider God's providence
- Some specific suggestions

# Key Old Testament Texts Related to Anxiety

- Joshua 1: 5-9
- No man shall be able to stand before you all the days of your life. Just as I was with Moses, so I will be with you. I will not leave you or forsake you. 6 Be strong and courageous, for you shall cause this people to inherit the land that I swore to their fathers to give them. 7 Only be strong and very courageous, being careful to do according to all the law that Moses my servant commanded you. Do not turn from it to the right hand or to the left, that you may have good success<sup>1</sup> wherever you go. 8 This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. 9 Have I not commanded you? Be strong and courageous. Do **not be frightened**, and do not be dismayed, for the LORD your God is with you wherever you go.”
- God comforts Joshua who is facing the challenge of replacing Moses
- Verse 9 phobos in LXX
- Keys are: **awareness of God’s presence** and **saturation in God’s Word**
- These can shape our affections and thus our emotional responses

# Key Old Testament Texts Related to Anxiety

## Isaiah 41:10

- **fear** not, for I am with you;  
be not dismayed, for I am your God;  
I will strengthen you, I will help you,  
I will uphold you with my righteous right hand.
- LXX: phobos
- Key: Believing in God's presence and help to his people

## Psalms 56:1-4

- Be gracious to me, O God, for man tramples on me;  
all day long an attacker oppresses me;  
2 my enemies trample on me all day long,  
for many attack me proudly.  
3 When I am **afraid**,  
I put my trust in you.  
4 In God, whose word I praise,  
in God I trust; I shall not be afraid.  
What can flesh do to me?
- Not shy to concede challenges, David finds comfort in trusting God's way out

# Key Old Testament Texts Related to Anxiety

- Isaiah 26:3

You keep him in perfect peace  
whose mind is stayed on you,  
because he trusts in you

- Keeping our mind on God, rather than circumstances
- In the context of trust
- **KEY: trust in God's plan, not ours**

- Psalm 23: 4-5

Even though I walk through the  
valley of the shadow of death,  
I will fear no evil  
for you are with me;  
your rod and your staff,  
they comfort me.

5 You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.

- **KEY: Not that troubles don't come, but God is with us in them**
- Yielding control to God



# New Testament Texts

- Vital text during these times when Christianity is under attack
- Promote Christ rather than protect self
- More committed to the kingdom than to safety

## 1 Peter 3:14

13 Now who is there to harm you if you are zealous for what is good? 14 But even if you should suffer for righteousness' sake, you will be blessed. Have no **fear** of them, nor be troubled, 15 but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect, 16 having a good conscience, so that, when you are slandered, those who revile your good behavior in Christ may be put to shame. 17 For it is better to suffer for doing good, if that should be God's will, than for doing evil.

# New Testament Texts

- I John 4:18
  - There is no **fear** in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.
  - Love is confidence in God and our ends in him
  - **When love is perfected, it is not frightened**
    - Couples who are secure in their love for one another
    - Story of my being in car with my dad during storm
  - Romans 8 helps us see God's love for us so we can be stronger in love for him:
- Romans 8:31-39
  - Romans 8:31 What then shall we say to these things? If God is for us, who can be against us? 32 He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? 33 Who shall bring any charge against God's elect? It is God who justifies. 34 Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us. **35 Who shall separate us from the love of Christ?** Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? 36 As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered."
  - 37 No, in all these things we are more than conquerors through him who loved us. 38 For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, 39 nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

# Summarizing the Texts

- Anxiety is not eliminated by just praying for it to be gone
- Rather, it is from a transformation into godly affections that change our emotional actions and reactions
- Passionate about his glory rather than our own safety
- And open to suffering and challenges in doing so
- Looking to Jesus, not to our own interests
- Being spiritually minded rather than earthly minded
- Even if physiologically aroused



# Antidote: Trusting in a Provident God

- Many Christians are ill-equipped for this, having rather small views of God
  - God as “Santa Claus” to give us whatever we want
  - The “God who risks” who doesn’t really control the future in particular ways
  - God as severely limited by human free will
- In contrast, if God is sovereign over all
  - We have absolute hope for all future contingencies
  - And have reason to trust our Heavenly Father to take care of us
  - We need not try to wrest control from the One who has it and promises to use it for our good
  - Let’s break this down a bit

# What Does It Mean that God is Provident?

- “Providence” means God is not only in control of general things, but the particulars (even birds falling!)
  - He sustains creation moment by moment
  - And so our spiritual future is secure as his children
  - Confident in his love for us and that he loves us more than we love ourselves
- Romans 8:28 implies that God works every detail of a believer’s life to the believer’s good and God’s glory
    - Move to seeing our faith as pursuit of God’s glory, not our own security
    - Changes view of suffering to inevitable in pursuit of our goal
      - Athletes assume some sweat and pain in pursuing victory
    - All this is still consistent with human freedom
      - this Jesus, delivered up according to the definite plan and foreknowledge of God, you crucified and killed by the hands of lawless men. (Acts 2:23)

# Five Implications from Providence

- Humility:
  - we are not in control and do well not to imagine we are nor try to wrestle control away from God
- Courage:
  - we look to future knowing our “team” wins and all in our lives serves this lofty goal
- Hope:
  - God is faithful and will fulfill his promises
- Patience:
  - biblical virtue of “waiting for the Lord”
- Faith:
  - Letting God be in control knowing He will work it out
  - Even though He will “work us out” through trials, they should bring joy (James 1:2-4)

# Conclusion on Providence

- Growth in understanding this leads to fearing God more (and creation less)
- And yields greater trust in this God as we see his love in it
- And a more eternal and less temporal perspective
- Despite his troubles, hear David in Psalm 27:
  - **27** The LORD is my light and my salvation;  
whom shall I fear?  
The LORD is the stronghold of my life;  
of whom shall I be afraid?
  - <sup>2</sup> When evildoers assail me  
to eat up my flesh,  
my adversaries and foes,  
it is they who stumble and fall.
  - <sup>3</sup> Though an army encamp against me,  
my heart shall not fear;  
though war arise against me,  
yet I will be confident.
  - <sup>4</sup> One thing have I asked of the LORD,  
that will I seek after:  
that I may dwell in the house of the LORD  
all the days of my life,  
to gaze upon the beauty of the LORD  
and to inquire in his temple.
  - <sup>5</sup> For he will hide me in his shelter  
in the day of trouble;  
he will conceal me under the cover of his tent;  
he will lift me high upon a rock.

# Three Vital Texts on What to Do





# Matthew 6:25-34

- 25“Therefore I tell you, **do not be anxious** about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27And which of you by being anxious can add a single hour to his span of life? 28And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31Therefore **do not be anxious**, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33But seek first the kingdom of God and his righteousness, and all these things will be added to you.
- 34“Therefore **do not be anxious** about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.
- Merimna again:
  - KJV: “take no thought”    Geneva Bible: do not be “full of care”

# Matthew 6:25-34

- Clearly top-down worry/anxiety in mind here
- Anxieties are over whether God will provide for daily needs
  - That is, by earthly-mindedness (like the Greeks – and Americans today) rather than spiritual-mindedness
- Jesus wants us to change our thinking, not just miraculously take these worries away
  - We'll act on faith, but feel some bottom-up arousal as we do so: thus, exposure as discussed goes there
  - Faith increases by considering God's providence, then acting on FAITH rather than FEELING: Thoughts/feelings aren't facts
  - That is, when we feel anxiety, we appraise it in light of God's care
  - Our focus on this is seeking first God's kingdom

# 1 Peter 5:6-11(merimna again)

- **6** Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, **7** casting all your **anxieties** on him, because he cares for you. **8** Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. **9** Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. **10** And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. **11** To him be the dominion forever and ever. Amen.

# I Peter 5:6-11

- Observe:

- Humility is the goal

**So anxiety is associated with pride**

We fear losing things we love and are proud of ... and want to control

Hints anxiety may be from pride in protecting ourselves; our love of self

Also reflects lack of subjection to the divine will

- Seen in context of spiritual warfare
  - And suffering in the world for Christ – this is ASSUMED
  - Despite all of this, God faithfully cares for us
  - Promises eternal glory but temporal suffering
- Anxiety to be cast on God: faith that he will provide because he cares (echoes Mt. 6)

# Philippians 4: 6-11

- **6**do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. **7**And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
- **8**Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. **9**What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.
- Merimna again
- More on thinking anxious thoughts than feeling anxious
- Anxiety is opposite of God's peace
- Three steps:
  - Instead of fretting, offer concerns to God
  - Give thanks rather than worry
  - And cultivate godly patterns of thinking
- **Yet we act with thanksgiving on the truth of God, not the feelings of anxiety**

Reid Wilson, Ph.D.

**STOPPING**

**THE**

the new way

**NOISE**

to overcome

**IN**

anxiety & worry

**YOUR**

**HEAD**

## An Approach to Worry based on Reid Wilson

Basically, dealing with top-down  
anxiety

# The Certainty of Uncertainty

- Anxiety is designed to alert us to an immediate problem that can be addressed and solved
  - E.g. noticing you left the eye of the stove on
- But worry applies it to problems that are future and can't be solved for certain
- It is seeking certainty when certainty can't be found
  - Will I get COVID if I go to that restaurant?
  - Will I reach my retirement goals?
- **KEY POINT: Reducing anxiety comes from accepting uncertainty rather than relentlessly pursuing it when it can't be found**
- **For the Christian, while it is uncertain to us, we trust in God's certainty and providence**

# 1. Step Back

- When you catch yourself worrying, step back to ask
- Is this signal or noise?
  - Signal: something you can act on: I have a paper due tomorrow!
  - Noise: What if I'm sick on the day of the wedding?
- HINT: Many useless worries start with “what if...”
  - Signals a possibility in the future, so obviously not actionable now



# So...

- Step back and notice what you are doing
  - Is there a problem to be solved right now?
  - Am I thinking “atheistically”?
  - If no immediate problem, then focus on the PROCESS, not the CONTENT
  - That is ...
  - **Observe that you are worrying and that the problem IS that you are worrying, not what you are worrying about**



## 2. Want the Physical Anxiety

- When you refuse to worry, you accept the physical anxiety
- That, after all, is the main problem anyway
- If accepted, it will fade
- If entertained, it gains power
- We naturally try to avoid it
- So: WANT IT!
- The anxiety is the best thing for me now: it gives me a chance to get stronger against it



Stated differently:



**No Pain No Gain**



### 3. Step Forward

- Move toward the feared thought, situation, or emotion, not seeking to avoid it
  - E.g. Jesus moved toward the cross, despite his struggle in the garden
  - Paul moved toward Jerusalem, despite an awareness of what awaited him



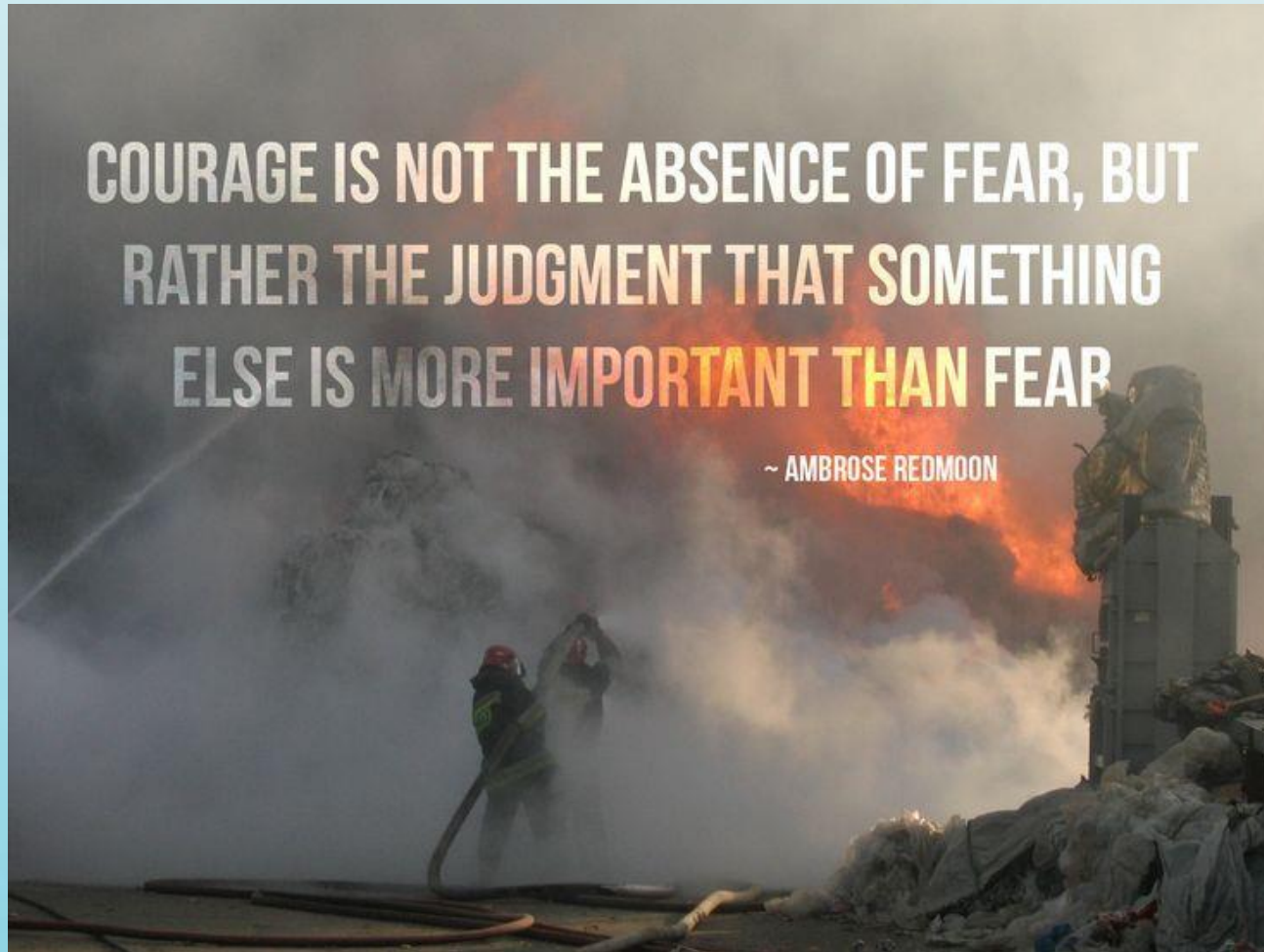
You never strike out  
if you never bat –  
**BUT...**

Then you never get a hit!

Focus on your goal, not trying to  
avoid something potentially  
unpleasant

## 4. Be cunning

- Anxiety wants us to engage in a struggle with it
- But anxiety is not the enemy
- Rather, the enemy is the struggle as it keeps us from what is important – not following Christ for what he wants from us
- Thus, we **move toward what is important**, looking past the anxiety without letting it distract us



COURAGE IS NOT THE ABSENCE OF FEAR, BUT  
RATHER THE JUDGMENT THAT SOMETHING  
ELSE IS MORE IMPORTANT THAN FEAR

~ AMBROSE REDMOON

## 5. Make your play

Move toward the important things; don't just avoid things that make you uncomfortable

Namely, pursuing life's purpose

For believers, this is loving God more than self, security, or control

Like a first responder, move toward the problem  
(or the feeling of uncertainty/anxiety)  
Loving others rather than protecting self





Some  
Conclusions



**KEEP  
CALM  
ITS  
THE  
CONCLUSION**

# Dealing with Anxious Feelings (Bottom-Up)

- Determine: is there really an immediate danger to be dealt with?
  - If so, act! (SIGNAL)
- If not, accept that you're feeling anxiety (NOISE)
  - Don't get in your head as to why
  - Nor be upset that you are anxious
  - **Nor fight it to make it go away – only makes it worse**
  - Just acknowledge it to God and thank him that he is with you
- Don't avoid things that aren't truly dangerous
- Don't pray for it to go away instantly (notice none of the Scriptures suggest that; rather, top-down growth in the long run will change it)
- And it actually eases when you don't run from it

# Dealing with Anxious Thoughts: Top Down

- Prevention: growing deeper in love and trust of God
  - Seeing where you are earthly minded
  - Disciplines to think more accurately about what really matters (hint: God's Kingdom!)
  - Contemplating God's love and faithfulness
  - And that these climax in heaven, not on earth
- Learn to just notice your anxiety and the relationship between your thoughts and feelings
- Once you are more of an observer, you are freer to see where the problem lies
- **Don't believe everything you think**
  - All kinds of things can come to mind; that doesn't mean we deeply believe them

# Dealing with Anxious Thoughts: Top Down

- Cast your cares on God
  - “Hands down/hands up” prayer
- Pray to grow in love and faith over time
  - This can train our emotional reactions over time
- Emotions betray what truly matters, so learn and shape these by the help of the Spirit
- Read the Bible, read Christian books, talk the Christian talk with others
  - So shaping your thinking to love and trust God more
- Move TOWARD
  - Anxiety encourages us to move AWAY
- Consider others
  - Anxiety is inward
  - Think more of how to serve others than to make self feel better
- Live with at eternal, not temporal, perspective
- Step out in faith:
  - “If you want to walk on water, you’ve got to get out of the boat!”
  - Act despite fear, not wait till you are not anxious to do things
  - John Wayne: “Courage is being scared half to death and saddling up anyway.”

# Blaise Pascal (1623-1662)

- I ask You neither for health nor for sickness
- For life nor for death
- But that You may dispose of my health and my sickness
- My life and my death
- For Your glory
- You alone know what is expedient for me;
- You are the sovereign master;
- Do with me according to Your will
- Give to me or take away from me,
- Only conform my will to Yours

# Pascal's Prayer, Cont.

- I know but one thing Lord,
- That it is good to follow You,
- And bad to offend You.
- Apart from that, I know not what is good or bad in anything.
- I know not what is most profitable for me
- Health or sickness
- Wealth or poverty,
- Nor anything else in the world
- That discernment is beyond the power of men or angels
- And is hidden among the secrets of Your providence,
- Which I adore,
- But do not seek to fathom.



Thank you for  
coming!

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