

Class 2: Releasing the Hold of Anxiety: How to Reclaim Peace

Transcript:

(00:01) Hi and welcome to class number two about anxiety. And if you have watched the first video, you will know that we have been talking about uh the swing of our lives. And I'll introduce to you this concept of a swing and this being ourselves and that um often in our anxiety we will have a problem on this where we sit on our mind on our attention where our attention goes and as we um push that problem or thought I problem that we might have into the future where our focus goes and we hold it there and we can hold it there for

(00:43) quite a while can't it we can get really really tired and exhausted and um it becomes very heavy on our lives just just like when you hold a child out on a swing it it can become very straining because the gravity of life the gravity of hold pushing it wants it to go back to the center but it doesn't it goes back into fatigue and tiredness and depression and again we get exhausted and then we go back out again. All right.

(01:17) So, I want to keep this idea of the swing as a um illustration of what happens in our mind and give you the other side of it that I have found helpful to focus on that helps me with my anxiety and with my depression because I believe that where you focus is where you will go. Here in New Zealand, we have these um roadsides and I've seen one recently that there was a a motorbike guy and he's riding on a motorbike and it's a cartoon sort of thing and he looks to the right and then you see the the bike going round and round like that because when you're

(01:58) driving a car or when you're a motorbike, your mind will just go to where you focus and it can be the disaster. And so a lot of what I'm what I try and help people to to realize is where is your focus going? And when you've got anxiety and depression stuff, where does it go? It goes out into the future. It could be tomorrow.

(02:21) It could be in a year's time. It could be somewhere. Or it goes into the past. The focus. Um but what I have found is that a very helpful thing is to do kind of the opposite to this and that is to focus on the past but with a sense of provision. Where has providence given to you? Where have you been provided for? So that when you swing back out you will have a focus on hope.

(02:56) And when I started to um work on this particular course, I tried to find a definition or try to write a definition of what I think um anxiety is. And I wrote this, it's the swing of the mind into the future, right? Swing of the mind into the future with the result being anything other than hope. Right? That's a big big um definition. anything other than hope.

(03:25) But it's the swing of the mind into the future with a result of anything being other than hope. You see, I want my mind to have a sense of hope for tomorrow, the next day, the next week, um the next year. I want to dwell in a sense of hope for the future. And so here's the other swing. And um I think it was last year 2025 I spent a lot of time focusing on on this concept of providence and reading a lot from a guy called John Flavl who was I think a 16th century Puritan um guy who wrote a lot about providence and providence is kind of

(04:15) what I talk about um in Nehemiah the book of Nehemiah Nehemiah says and the gentle hand of God was upon us. So there's a there's a kind of sense of just being held in something where God's hand is just on you and caring for you. And if you look at the book of Nehemiah, there is so much there was so many problems where Nehemiah had to overcome when building a huge wall um fixing up the walls of Jerusalem.

(04:44) So many struggles. But he said, "The gentle hand of God was upon me." And that's what I want. And I think you want that too to have a sense where God's hand is gently on you. John Flavel wrote these two things destroy the peace and tranquility of our lives. Our bemoaning past disappointments. Okay. So that's looking back our bemoaning the past disappointments or the fearing of future ones. All right. or fearing future ones.

(05:21) Two things destroy the peace and tranquility of our lives. And I thought that was really interesting and uh I wrote a blog post about that last year and I asked the question which one okay past disappointments or fearing future ones has kind of a like a magnetic pull on you. Another um kind of hero of my faith that I've read a lot about was a guy called George Mueller.

(05:51) And George Mueller uh had an incredible life of living in generosity, faithful generosity. And in his time and age, um he was called to um set up orphanages in um industrial England. And he had no money. He had no money. And all he did was he just prayed and God provided um what would be in the millions and millions and millions of dollars in our age.

(06:22) Okay? And he was able to build these large house. We probably wouldn't do it these days, but these large homes for orphans to come and live in to get an education and to be cared for. And he never asked for any money. uh there was all these thousands of kids that he had to supply to feed every day and he didn't um ask for money. It just appeared. God gave him.

(06:46) People were prompted to give him the key secret is a key secret. As I read through his diary, which I'd encourage you to do, but it's kind of an old English, it's a bit of a difficulty to weigh through, but it's worth it. is that he kept meticulous meticulous records of the way in which God provided for him.

(07:11) And so what I got from George Mueller was that um every time that someone would give him a shilling or a farthing or just a a loaf of bread or something that um he could sell on to get money to give to the the his children, he would write it down. He would write it down in his journal and it would be kept as much as like a ledger in an accountant's book and he would keep a record of these things.

(07:37) You see what he was doing was he was building up a belief in the providence of God to look after him to care for him. And so his swing was being filled up like this so that he would have a hopeful focus into the future. And so what I started to do last year and I I have continued to do it probably not as much as what I should have done or could have done and I'm going to be and I have actually started to do this again is daily I will write in my journal I'll write in my journal um things that have happened to me today.

(08:19) All right. And what I do is I say um God saw my need and God provided. And so it could be things like here's some um I had to need I had a need to get things sorted out um up at a garage where I store all my stuff. And I saw that I was a I had God provided some time that I was able to do this. Um, I I needed to I God saw I needed a scripture encouragement and God provided a verse from Psalm 77:E9.

(09:00) And so what I tried to do or what I did actually is I listed 10 things from the day where I saw um where God saw my need and provided for it. And I write it down. Now, it could be things that seemingly um might seem kind of insignificant and normal. God saw my need for food and God provided a grocery shop down the road where I could go and get fresh veggies.

(09:32) God saw my need for beauty and gave me a stunning sunrise. God saw my need for friendship and provided my friends who I go into and and talk about talk about life with. God

saw my need for encouragements and gave me a special verse for today. God saw my need for finance and provided me work that I could do and enjoy.

(10:02) God saw my need for um footwear and God provided me slippers. And what you're doing in this exercise is you are building up in your brain in your brain a belief that God provides and so that tomorrow God will actually do the same again. There will be providence into tomorrow so I can have hope for tomorrow. So that is the exercise I would like you to try and do um say for at least 60 days, 2 months cuz the brain actually needs about that long to create new pathways.

(10:50) 60 days every night before just before you go to bed is to write down 10 ways which you can see that God saw your need and God provided. God saw your need, God provided 10 ways. Okay? And if I I know that if you do this over a regular period of time over 60 days, you will actually start to um see things in a different light.

(11:22) I started to um see new opportunities, new um new ways of doing things, new opportunities for work, for ministry, for uh how I can give to others and how I can receive. This exercise radically changed my life, radically changed my levels of anxiety, and I know it will for you. That's class number two.