

Building Your Home on the Rock – Dealing with Shaky Foundations

Session 12 – April 5 & 12

ACCOUNTABILITY: Did you follow through with your self-care strategies from last session? Did you notice any times in the past month when your priorities were out of balance? How could you tell and did you do anything to adjust your schedule?

QUIETING: Magic Moustache

WHAT DO WE DO WITH ANXIETY?

4 Main Categories of anxiety: General Anxiety, Panic/Separation Anxiety, Obsessive, Social/Relational anxiety.

A. The Three Headed Monster

Wacky _____

Yucky _____

Zany _____

1. How You Think

Romans 12:2

2. How Your Body Reacts

Work on quieting and scheduling in rest

3. How to View Your Child and Their Fears

We need to let go of some of our _____

We need to let go of our _____ that it's our fault

We need to _____ that this is our life right now and work with it rather than fight against it

We need to let go of our _____

We need to consider whether we have the right _____ of anxiety

We need to be an _____ not a _____

We need to know that things might get _____ before they get _____

C. How To Lead Your Child Through Their Fears

Let your child solve their own problems so they gain _____

Help them frame their failures in a _____

_____ them of times they made it through

Help them come up with _____ to deal with their fear

Acknowledge your child's _____

Don't forget to _____ and _____

RESOURCES:

Barry McDonagh - Panic Away

Turnaround : Turning Fear into Freedom (for kids)

Personal Ministry - call the church to book an appointment

DEALING WITH WRONG THOUGHT PATTERNS

One of the reasons we need to deal with wrong thought patterns is because they can make us feel scared, worried or sad. Here are some of the wrong thoughts we can fall prey to. These thoughts are all negative and exaggerated!

1. **Steamroller thoughts** - thoughts that run over us. They are loud, exaggerated and make us feel bad about ourselves.
2. **Bad luck thoughts** - thoughts that are negative and make us believe that nothing is good, that things never work out.
3. **One-way thoughts** - Hard, stiff thoughts that make us believe that we are doing things “wrong” or “badly”.
4. **All or nothing thoughts** - Thoughts that say things are all good or all bad, all right or all wrong.
5. **Dark shades** - Thoughts that look at the world through negative dark glasses; seeing the bad, negative, fearful things in our lives instead of what’s good.
6. **Fraid of Fear** - Thinking that when fear starts we won’t be able to do anything about it. Scared of feeling scared.
7. **Subwoofer** - Anxious thoughts that seem really big and bad because our fearful feelings are intense (heart racing, sweaty palms, knot in your stomach). Because we feel bad, we think things are worse than they really are.
8. **The Prophet** - Thoughts that something bad will happen in the future. Feeling anxious from “what if” thoughts.
9. **Mind Reader** - Thinking that we can read people’s minds that we know what they’re thinking negative about us. It’s just our fear making a bad guess.
10. **The Bully** - Thinking very negative thoughts about ourselves; being a bully to ourselves, name calling.
11. **Rule maker** - Thoughts that make us think we have to do everything perfectly, just right, by the rules. We feel that it’s never good enough, that if it’s not right, then it’s wrong and bad. Impossible rules.

Can you identify any wrong thought patterns that you tend to use? What do they sound like in your head? Can you write down some examples.

(adapted from Turnaround: Turning Fear Into Freedom by Russ and McCarthy)

These thoughts are really lies we tell ourselves or believe about ourselves. The first thing in dealing with lies is to:

- a) **admit** we have believed them
- b) then we need to **confess** to God we have believed them
- c) now we can **ask Jesus to tell us the truth**. Spend time prayerfully listening to God and write down any ideas that come to mind.

Finally, we can take steps to push back these wrong thoughts. We can train our minds to think in a different pattern by talking back to these wrong thoughts. Some of the ways you can train your mind to think in different patterns is using things like:

Finding the middle - so rather than this was the worst day ever, you would say something like “well today had some bad moments but there were also lots of things I loved about it”.

Lighten up - make negative thoughts more positive and not such a big deal. So instead of “she hates me and will never talk to me again” say “she is mad at me, but she will come around in time”.

Find the facts rather than guessing - often we “guess” how others perceive us or why they didn’t smile at us rather than finding the facts or giving others the benefit of the doubt.

Practice thankfulness - seeing the good things keeps our hearts and eyes focused on the positive rather than negative things that lead to anxiety.

Learn to accept your fear - use the phrase “it is, what it is” and then realize you have the strength to deal with it

Give wacky back - make a wrong thought less scary by making fun of it. So if the fear is that when it rains, it’s going to lead to a flood...picture it raining something silly like donuts.

Pick one of these techniques that seems to fit your wrong thought pattern and practice using it. Write down what you want to think instead of the lie that has been playing like a tape in your head. Journal this so that you can share it with your child and encourage them on their journey.

SCHEDULING REST

One of the things we can do for our children who struggle with anxiety is to create a home that is calm and peaceful. What would that mean for you? Turning off music or TV during the day? Scheduling in quiet time for your kids. Looking at your calendar and dialing your life back so that you have space to breathe, relax and rest? The Bible is full of verses about being still and finding rest. Jesus' life demonstrates to us the need for finding rest and quiet in our lives. If HE needed it, so do you!!!

Spend some time giving this idea over to God. If you are struggling in your heart to even want to make these changes, talk to God about that. Tell God how it makes you feel to have to give up things in order for your child to have more peace. Ask Him to show you how YOU and the rest of your family will be blessed through this process.

Ask Jesus to show you what you can let go of or give up so that you can have more peace and quiet and not rush around so much.

Ask God to show you how much quiet your child needs and what that looks like.

Your child is showing you by their behavior and fears that their brain is whirring at high speed too often and they don't know how to get it to low speed. Your child needs you as their parent to guard how much they do and how much you do as a family. Spend some time in prayer asking Jesus to show you if there are things you need to cut out of your schedule for right now.

PRAYING FOR YOUR CHILD

Ask God if there is anything keeping you from hearing an answer to this prayer? Is there anything you need to do, pray, confess, deal with as a parent that might be keeping your child from being delivered of their fear?

Ask God if there is any spiritual warfare keeping your child from being released from their fear/worry? (sin, unbelief, doubt, condemnation, confusion, generational root of fear/worry, etc...)

Ask God to give you a strategy in prayer. What are three specific things you could pray for your child regarding this issue?

Ask God for a Scripture to pray regarding this.

Ask God for a word/picture/promise related to this.

Ask God how he sees this issue. Ask Him how he sees your child as they struggle with worry and fear.

Pray that God will protect your child, fill your child with peace, pray that God will guard their imaginations, take authority over the spirits of fear/anxiety/lies.