

Developing a Non-Anxious Life
Class #2: Choosing Connection and Freedom
October 15, 2023 in the Fireside Room
www.facebook.com/fpcbillings



Class Resource: Dr. John Delony, "Building a Non-Anxious Life," Ramsey Press, 2023
Take the online "Anxiety Test" by Dr. John Delony- takes about 10 minutes

Verse of the Day: "Anxiety weighs down the heart, but a kind word cheers it up." –Proverbs 12:25

Reviewing:

1. The Cup Example- it is good to build _____ in your life.
2. Anxiety is an _____ system trying to get your body's attention.
3. Looking past the alarm to see what is wrong can be _____ work.
4. _____ of people report being anxious.
5. Choosing _____ is your starting line for charting a new course.

How Have We Become Less Connected?

1. Online shopping
2. The Drive Thru
3. The Garage Door Opener
4. Door Dash
5. Curbside pickup
6. Worshipping online

The Second Daily Choice: Choosing Connection:

1. Many mental health experts suggest that many feel deep _____.
2. Loneliness increases your risk of heart attack, _____, addiction, depression, dementia, and suicide.
3. 54% of people in a recent survey say they don't have a close _____ they are comfortable calling in an emergency in the middle of the night.
4. To develop a non-anxious life, you have to choose to _____ other people into your life.
5. God says, "It's not good for us to be _____" (Genesis 2:18).
6. To choose connection, you have to choose openness, vulnerability, and not to live a life of _____.
7. Isolation has been used for years as a form of _____, known as solitary confinement.

Choosing Connections:

1. Be _____: "I'm not doing well." "I am lonely." "I wish I had more friends."
2. Take a _____ in joining a group, class, job.
3. Invite a friend to _____.
4. Get _____ and meet your neighbors.

The Third Daily Choice: Choosing Freedom

1. Four areas where we can choose freedom:
 - a. _____: Be debt free, have an emergency fund, live generously.
 - b. _____ and Stuff: Don't let your things control you.
 - c. _____: Build margin into your schedule and enjoy each day.
 - d. _____: Learn to say no and learn to stay in your lane.

Living Free:

1. Your _____ doesn't define who you are.
2. Busyness should not be equated with _____.
3. Money allows us to have _____ in our lives.
4. Healthy boundaries bring _____ and growth to your life.
5. Pray that God gives us _____ for the day.
6. Remember that you are more than a _____ card or a performance evaluation.
7. Be the best _____ of you and only you!

Thoughts from John Delony's book, "Building a Non-Anxious Life."

1. "We say yes to things because we're scared of saying no. We sacrifice our health, our closest relationships, and our own sanity to try and show the world how great we are." (p. 157)
2. "Boundaries come from believing in your time and your space enough to protect it." (p. 158)
3. "The hardest thing about implementing boundaries is accepting that some people won't like, understand, or agree with yours." (p. 159)
4. You have to take the time to fill up your cup so you can be about filling up other people's cup." (p. 160)

What do you need to free yourself from and what steps can you take to make that a reality?

Comments and Questions