

Developing a Non-Anxious Life
Choosing Mindfulness and Health & Healing
Class #3
October 22, 2023
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: "Jesus said, 'Come to me all you who labor and carry heavy burdens and I will give you rest.'" --Matthew 11:28

Reviewing:

1. The Cup Example- it is good to build _____ in your life.
2. Anxiety is an alarm system trying to get your body's _____.
3. Choosing reality is your _____ line for charting a new course.
4. Choosing connection is a _____ part of reducing anxiety.
5. Choices we make today help us to choose _____ in the future.

The Fourth Daily Choice: Choosing Mindfulness:

1. We have different _____ in our heads competing for our attention.
2. Choosing mindfulness is about creating inner _____ inside your own mind.
3. Mindfulness helps us to center our thoughts on what we can _____.
4. Mindfulness is creating space between what you feel and how you _____.
--The aggressive driver behind you.
--You and your spouse arguing over your wet towel left on the floor. (p. 178)
--Our reaction to a criticism at home, work, or church.
5. As people of faith, God's renews a right _____ within us (Psalm 51:10).
6. The Bible invites us to be transformed by the renewing of our _____ (1 Cor. 12:2).

How to Build Mindfulness:

1. Meditation is like a _____ for your brain, allowing you to build and strengthen your mindfulness muscles.
2. _____ is a good exercise when you are faced with challenging situations.
3. Mindfulness is built through consciousness, curiosity, and _____.

Dr. Wendy Suzuki, Neuroscientist from New York: How to Calm Your Anxiety

The Fifth Daily Choice: Choosing Health and Healing:

1. Hurt people hurt people and healthy people _____ people.

2. We have become one of the most sedentary groups of people as we _____ an average of an hour more each day than we did 10 years ago.
3. It is so important to build _____ into your life every day.
4. Seek to get _____ hours of sleep every single night.
5. Eating balanced and healthy _____ can help decrease your levels of anxiety.
6. Seek the help of medical and mental health _____.
7. Choosing health and healing is a _____ change.

What steps can you take to choose mindfulness and health & healing?

Comments and Questions