



## Boiling Point: Worry

Adapted from "Boiling Points" series by Stephen Blandino

Most people hate how worry makes them feel like they are living at an emotional boiling point. Jesus shows us how we are pushed to a boiling point. He also tells us how to deal with worry as it begins to boil.

Anxiety Disorders affect 18.1 percent of adults in the United States (approximately 40 million adults between the ages of 18 to 54). - National Institute of Mental Health (NIMH). Current estimates put this number much higher - **approximately 30 percent** - as many people don't seek help, are misdiagnosed, or don't know they have issues with anxiety.

According to The *Economic Burden of Anxiety Disorders*, a study commissioned by the ADAA and based on data gathered by the association and published in the Journal of Clinical Psychiatry, anxiety disorders cost the U.S. more than \$42 billion a year, almost one third of the \$148 billion total mental health bill for the U.S. more than \$22.84 billion of those costs are associated with the repeated use of healthcare services, as those with anxiety disorders seek relief for symptoms that mimic physical illnesses.

People with an anxiety disorder are three-to-five times more likely to go to the doctor and six times more likely to be hospitalized for psychiatric disorders than non-sufferers.

### **Anxiety and anxiety related conditions negatively impact individuals and our society, yet few seek and receive good help:**

- Approximately 30 percent of the adult population in North America have anxiety unwellness issues (anxiety disorder).
- Only one third will receive treatment, and of those, **only ten percent will receive proper treatment.**
- Those who experience anxiety have a very high propensity for drug abuse and addictions.

Further statistics show:

- 65% of North Americans take prescription medications daily, 43% take mood altering prescriptions regularly.
- There were over 3.3 Billion prescriptions filled in America in 2002 (12 times the U.S.'s population - that's 12 prescriptions for every man, woman, and child in the U.S. that year).
- Paxil and Zoloft (two of the more popular anti-anxiety medications) ranked 7th and 8th in the top ten prescribed medications in the US (these two medications totaled almost \$5 Billion in sales in 2002).
- Recreational drugs are also used to cope with anxiety. 42% of young adults in America regularly use recreational drugs (National Institute on Drug Abuse)
- Alcohol is commonly used to cope with anxiety. 72% of Canadians consume alcohol each year.
- 10% of Canadians admit they have an alcohol problem.
- In 1998, 50% of all traffic fatalities were alcohol-related fatalities. (CBC Report)
- 70,587 Canadians were charged with impaired driving in 1998. (CBC Report)
- 25 - 40% of all patients in US hospitals are being treated for complications resulting from alcohol related problems. (The Marin Institute)
- 10% of all deaths in Canada result from alcohol-related diseases.
- Alcohol-related car crashes are the number one killer of teens. Alcohol use is also associated with homicides, suicides, and drownings—the next three leading causes of death among youth. (Center for Substance Abuse Prevention)<sup>1</sup>

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<sup>1</sup> Jim Folk, "Anxiety Effects on Society Statistics," June 2015, <http://www.anxietycentre.com/anxiety-statistics-information.shtml> (accessed July 6, 2017).

## COURAGE

**C1:** What is it in your life that causes you to worry?

**C2:** Using your own words, what does worry sound like?

**C3:** Worry takes our God-given creative imagination and wastes it on building a prison of worry. The great survivor of the concentration camps, Corrie Ten Boom, once said, "Worry does not empty tomorrow of its sorrow, it empties today of its strength."<sup>2</sup> Do you agree or disagree with her statement? Why or why not?

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<sup>2</sup> "Corrie ten Boom: Quotes: Quotable Quote," Good Read, <https://www.goodreads.com/quotes/35574-worry-does-not-empty-tomorrow-of-its-sorrow-it-empties> (accessed July 26, 2017).

## STRENGTH

**S1:** Worry magnifies what is unimportant. Worry makes us feel like we are living at an emotional boiling point. Read and answer the following.

### Luke 12:22–23 (NLT)

- In these verses, what does worry mean?
- In these verses, what does worry cause?

**S2:** Worry only has the authority that you choose to give it. Read and answer the following.

### Luke 12:24 (NLT)

- From this verse, why would we be told that ravens “don’t plant or harvest or store in barns”?
- What should we glean from this truth?

### Luke 12:25–26 (NLT)

- From these verses, what was Jesus pointing to in regard to worry?
- If worry is powerless, why would you give worry power?
- How does worry minimize us?



**S3:** On a scale of 1-4, with 1 being much and 4 being not very much, rate how much authority you have given worry in your life. Write out a plan to improve.

## ENDURANCE

**E1:** Worry has the ability to magnify our problems and minimize our life, but God is for us. Read and answer the following.

**Luke 12:24 (NLT)**

**Luke 12:27–28 (NLT)**

**Romans 8:28 (NLT)**

**Romans 8:31 (NLT)**

- From these verses, what do you have to believe so you can overcome the toxicity of worry?
  
- On a scale of 1-4, with 1 being very well and 4 being not very well, rate yourself on your confidence that God is for you. Write out a plan to improve.

**E2:** You trust people who are for you. Read and answer the following.

**Luke 12:28–30 (NLT)**

- From these verses, to what does John equate worry?
  
- On a scale of 1-4, with 1 being very high and 4 being not very high, rate yourself on how high you trust God. Write out a plan to improve.



**E3:** We are supposed to seek God above everything else. Read and answer the following.

**Luke 12:31 (NLT)**

- From this verse, what happens when we seek God above everything else?
  
- On a scale of 1-4, with 1 being very well and 4 being not very well, rate yourself in how well you seek God above all else. Write out a plan to improve.