

## **Week#7 Dealing With our ANXIETY and OCD**

### **Verse Memorization List**

*Prov.3:5-8 Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.*

*Prov.3:7-9 Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.*

*Psa.37:4,23 Delight thyself also in the LORD; and he shall give thee the desires of thine heart. ... The steps of a good man are ordered by the LORD: and he delighteth in his way.*

*Psa.119:9 BETH. Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.*

*1Pet.5:6-7 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you.*

*Psa.139:23-24 Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting”*

*Psa.19:12-14 Who can understand his errors? cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression. Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.*

### **Thoughts on ANXIETY and OCD**

In this anger management short course we have exercised some valuable tools that can curb some of our “stinking thinking.” Foremost is the power of writing down, bringing to mind, memorizing and meditating on God's Holy Word. It has on-topic insights and instructions to live by. But equally we have exercised the power to get into one's own head and analyze what is going on in there. We have learned to answer my mom's question, “What in the world were you thinking?” These tools can effectively come to bear on the stinking-thinking involved in crippling anxiety attacks, and in obsessive-compulsive disorders. These are both passions gone awry; a 'passion' being “ The feeling of the mind, or the sensible effect of impression; excitement, perturbation or agitation of mind; as desire, fear, hope, joy,

grief, love, hatred.”<sup>6</sup> (I'd add anger, and anxiety to Websters 1828 listing.) These tools can bring these passions gone awry under subjection.

Recall first that a Christian is transformed by the renewing of the mind, “*And be not conformed to this world: but **be ye transformed by the renewing of your mind**, that ye may prove what is that good, and acceptable, and perfect, will of God*” (Rom.12:2). A good start then is to bring these 'mental defects' into our conscious mind, and consider what we are thinking.

Anxiety is “concern or solicitude respecting some event, future or uncertain, which disturbs the mind, and keeps it in a state of painful uneasiness.” Painful uneasiness, is bad but an anxiety-attack is “a sudden episode of intense fear or panic that can cause a variety of physical and emotional symptoms.” Those symptoms include Rapid heartbeat, Shortness of breath, Sweating, Chest pain or tightness, Dizziness or light-headedness, Nausea or vomiting, Trembling or shaking, Feeling of impending doom or loss of control, accompanied by Intense worry or fear.

Such a panic-attack might be brought on by any number of phobias, but once you have been there it might be brought on just by a fear of going there again. We have all felt the onrush of a panic wherein some of those symptoms show up; an in front of the whole class book report in grade school comes to mind. It's a normal passion. But when it takes over our life and abnormally controls our mind in an ongoing saga, it is stinking-thinking and needs conquered, controlled, and put under subjection. The same tools used in anger management can be utilized in this battle for the mind. OCD is another anxiety disorder that can impact us abnormally.

Obsessive-Compulsive Disorder (OCD) is “*a disorder marked by uncontrollable and recurring thoughts (obsessions), repetitive and excessive behaviors (compulsions), and/or both.*” All three words are concerning, but again this is a condition that is, in moderation, present, or at least recognized, in all of us. I'd classify it as a self-discipline gone awry wherein it drives you to finish what you start, to pursue order and discipline relentlessly, and to demand structure and order to perfection. In moderation these attributes of discipline may be helpful, but OCD is a once rare form of a twisted anxiety. If you know who Adrian Monk is you know these symptoms; Fear of contamination or dirt; Doubting and having a hard time dealing with uncertainty;

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6 <https://webstersdictionary1828.com>, s.v. 'passion'.

Needing things to be orderly and balanced; Aggressive or horrific thoughts about losing control and harming yourself or others; Unwanted thoughts, including aggression, or sexual subjects or religious subjects.

The Mayo Clinic, Dec 2023, suggests: To calm OCD anxiety, practice **relaxation techniques** like deep breathing and **mindfulness**, engage in regular exercise, maintain a healthy lifestyle, and **seek professional support**. Use Relaxation Techniques: Deep Breathing: Engage in deep, slow breaths to calm your nervous system. Practice Mindfulness: Practice being present in the moment, focusing on your senses and thoughts without judgment.



The Mayo Clinic continues, OCD significantly impacts daily life by causing intrusive thoughts (obsessions) and repetitive behaviors (compulsions) that can interfere with work, relationships, and overall well-being, leading to distress and reduced quality of life. OCD triggers can be diverse, encompassing stressful life events, traumatic experiences, major life changes, sleep disturbances, and even reminders of common obsessions, ultimately leading to increased anxiety and compulsive behaviors. While individuals with OCD may exhibit behaviors that seem controlling due to their compulsions and anxiety, it's more accurate to say they're struggling with a fear of losing control and a need to manage anxiety through specific rituals and behaviors, rather than being inherently controlling.

These anxiety disorders are disorders because they interfere with our life, our relationships, and our walk with our Saviour. They need brought under control and put in subjection. For the Christian a faith based approach, as was undertaken in the anger management short course, can set us free from their bondage, and “*If the Son therefore shall make you free, ye shall be free indeed*” (John.8:36). Certainly what the Mayo Clinic advises is in perfect order for both panic attacks and for OCD, but it is lacking a human's 3<sup>rd</sup> dimension, our spiritual dimension. Relax, “*Casting all your care upon him (Christ); for he careth for you.*” Be mindful, Dear Lord, what in the world am I thinking? “*Search me, O God, and know my heart: try me, and know my thoughts.*” Lord, “*Who can understand his errors? cleanse thou me from secret faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me: ... Let the words of my mouth, and the*

*meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.” And finally, seek professional support, you have a counselor-on-board, talk to him, and let his word's talk to you.*

To be honest, I had never actually witnessed someones full blown panic-attack until after I retired from the military and entered the ministry in 1995, and I never heard of OCD until Bev and I watched the Monk TV series starting in 2002. I have since seen to many symptoms of both in genuine believers, and was compelled to address that sort of stinking-thinking in this lesson series. I will likely get out my Roku and binge watch the Monk series after writing this. Not so much to laugh at the anxiety disorder with Andy Breckman's proding, as to consider the great power of our Counselor to fix all aspects or our stinking thinking.

MONK, The TV Series: After the unsolved murder of his wife, Adrian Monk develops obsessive-compulsive disorder, which includes his terror of germs and contamination. His condition costs him his job as a prominent homicide detective in the San Francisco Police Department, but he continues to solve crimes with the help of his assistant and his former boss. First episode date: July 12, 2002, Final episode date: December 4, 2009, Created by: Andy Breckman



Tony  
Shalhoub  
Adrian Monk



Traylor  
Howard  
Natalie Teeger



Ted Levine  
Leland  
Stottlemeyer



Jason Gray-  
Stanford  
Randy Disher



God Bless your walk  
with him.

Pastor Ed Rice

*Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, Unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen.*