



Topic: Dealing with Fear and Anxiety

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Sis Kaniya: Today we will be discussing some things that can help you control how you deal with fear and anxiety as you approach your next phases in life as well as conflict and other changes.

Fear:

An unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.

Anxiety:

A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

F | FALSE E | EVIDENCE A | APPEARING R | REAL

What's Your Plan?

Kaniya: Fear is a belief, not a fact. As you approach the next chapters in life, change is inevitable, growth is optional. So, what is your plan after high school? Please do not start planning when you are already in your senior year. You should plan it as early as possible but, no later than the tenth grade (sophomore). Regardless of your plans, you should take it to The Most High first and direct your thoughts towards him. With all that you do, you should pray and fast about it. Your plan may not be what The Most High has planned for you.

- **Philippians 4:6-7 (KJV)**

6 Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Kaniya: So, are you going to get a job? Are you going to a trade school? Are you going to a college or university? Not having a plan and trying to formulate a plan is where the fear and anxiety comes in, stay organized. I personally dealt with a lot of fear and anxiety when I was at this stage of life because I did not have a plan.

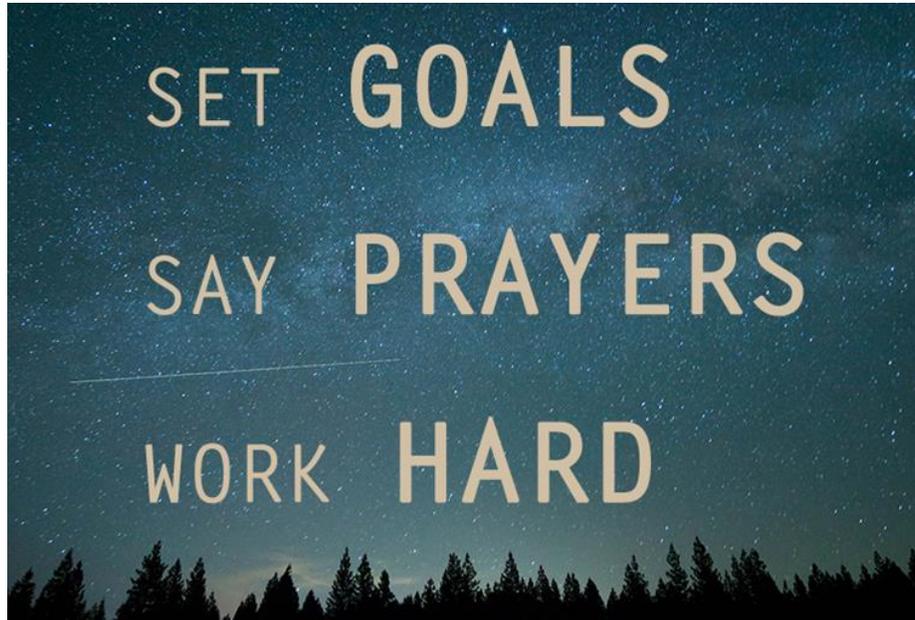
- **Luke 14:28 (KJV)**

28 For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?

Kaniya: When I went to school, I did not even think about how I would pay for it. I built a dream off of lollipops and gumdrops because I did not do much research. DON'T DO THAT.



Do your research first, compare prices between different schools, apply for grants and scholarships. Utilize the resources given to you by counselors at your school, friends, parents, etc. If it is the will of The Most High, he will guide you through the way.



Kaniya: As you prepare for college or the workforce, you have to be diligent and have things in order. Because I was being lazy and did not apply for grants or scholarships, I had nothing to get me through college. I decided to come back home and get a job in order to pay for my car insurance and cell phone bills.

Diligence:

Careful and persistent work or effort.

Preparation

- **Proverbs 13:4 (KJV)**

4 The soul of the sluggard desireth, and hath nothing: but the soul of the diligent shall be made fat.

Kaniya: Three years later, I was much more organized and diligent when I applied for a junior college. Luckily, my counselor helped me get all of my prerequisites in order to be a transfer



student. I eventually got my degree and became a registered nurse. I want to stress how important it is to have a counselor. Having a proper counselor will help guide you through your decision making.

Proper Counsel

- **Ecclesiasticus 6:6 (Apocrypha)**

6 Be in peace with many: nevertheless, have but one counsellor of a thousand.

Kaniya: Every one of your friends is not going to be able to help you reach your next phase in life or the next goal that you are trying to accomplish. If you tell everyone your business, you will receive many different opinions and it may complicate what your focus actually is. Minimize the amount of people you are speaking to and go to the people who have done this before.

- **Ecclesiasticus 20:32 (Apocrypha)**

32 Necessary patience in seeking the Lord, is better than he that leadeth his life without a guide.

Kaniya: You all have the benefit of a guide and your most important guide is your faith in The Most High. Utilize the bible and the scriptures within it. There are many resources available, you just have to be diligent in finding them.

Faith

- **Joshua 1:9 (KJV)**

9 Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.

Kaniya: The next chapters in life may seem a little scary but you have The Most High. Have faith that he will fulfill the desires of your heart if it be his will. Be bold, be brave, and have courage. Push through the fear and anxiety if that is what is keeping you from taking your next steps.

Fear and Anxiety - Change

Eliana: I am going to be talking about fear and anxiety when it comes to different situations within the body.

Anxiety- Intense, excessive, and persistent worry and fear about everyday situations. Fast heart rate, rapid breathing, sweating, and feeling tired may occur.

- **Proverbs 23:7 (KJV)**

7 For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

Eliana: Our minds are where the anxiety and fear start so, if we have a lack of confidence towards the things we are doing, it will lead you to feel fear and anxiety. When it starts in your mind, you have to learn how to get those negative thoughts out and have confidence within yourself.

- **Proverbs 3:5,7 (KJV)**

5 Trust in the LORD with all thine heart; and lean not unto thine own understanding.

7 Be not wise in thine own eyes: fear the LORD, and depart from evil.

Eliana: Do not let your worry consume your mind. Pray to The Most High and have faith and trust in him that he will direct your path. You cannot let those negative thoughts affect the way you perform everyday tasks. Change your thoughts and pray to The Most High about the things that you do not have control over. You may be nominated by others to help in the kitchen, cleaning, or with small children and this could give you a feeling of nervousness because you do not feel adequate to do so. It is important to remember that mistakes will come and stop worrying about meeting the expectations of others.



Performing Certain Roles in the Body

- **Psalms 75:6-7 (KJV)**

6 For promotion cometh neither from the east, nor from the west, nor from the south.



7 But God is the judge: he putteth down one, and setteth up another.

Eliana: When we are asked to do something for the body, it is coming from The Most High. We may not notice certain talents that we have but another person does so, The Most High will put the spirit on them to ask if you can help in those areas.

- **Colossians 3:23 (KJV)**

23 And whatsoever ye do, do it heartily, as to the Lord, and not unto men;

Eliana: Perform the tasks that you are asked to do and remember that you are ultimately doing it for TMH. If you allow your nervousness to take over, you will not be able to do your best.

- **James 3:2 (KJV)**

2 For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body.

Eliana: We all make mistakes; it is going to happen. You cannot be fearful of making mistakes, just know that sooner or later you will make a mistake and you have to embrace them because they give us the opportunity to learn and teach others how to avoid doing the same.

Being the “New” Sister

Eliana: You may be considered the “new” sister when you are relocating or visiting another congregation. If we give into our fears when we are around people we do not know, we may miss out on opportunities to make new friends and learn from them. We cannot let our fear and anxiety turn us into a wallflower.

- **Proverbs 18:24 (KJV)**

24 A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother.

Eliana: Just put on a happy face, smile, and talk to others because there is a chance that someone else is feeling the exact same way as you. If you take a moment to “break the ice” and get the conversation rolling, it will help both of you to feel at ease.

- **Malachi 3:16 (KJV)**

16 Then they that feared the LORD spake often one to another: and the LORD hearkened, and heard it, and a book of remembrance was written before him for them that feared the LORD, and that thought upon his name.

Eliana: The fear that you have toward The Most High should surpass any personal fear that you feel. God has commanded us to speak to one another often. No matter the situation, even if you feel nervous or fearful, do not let it stop you from doing what The Most High has commanded us to do.

- **Romans 12:10 (KJV)**

10 Be kindly affectioned one to another with brotherly love; in honour preferring one another;

Eliana: We are supposed to prefer being around one another, do not let your anxiousness hide your kindness. If you are too scared to speak, nobody will get the chance to know you or speak well on your behalf. Get yourself out of that comfort zone. If we fear The Most High like we say we do, we will do what he says when it comes to interacting with each other.

What are some ways to calm anxiety?

- Fasting/Prayer
- Breathing Exercises (in a quiet place)
- Eat Healthy
- Get sufficient rest for your body
- Use calming oils such as lavender or frankincense
- Drink calming teas such as chamomile or green tea





Conflict

Adarah: I am going to be talking about dealing with anxiety whenever conflict arises.

Conflict:

3. Contention, strife; contest.
4. Struggling with difficulties; a striving to oppose, or overcome.
5. A struggling of the mind, distress, anxiety.

Adarah: Conflict in itself is anxiety, it causes distress in the mind. It is something that we all go through.

-Link to video discussed <https://www.youtube.com/watch?v=F6Zg65eK9XU>

Adarah: What would you do? Although uneasy, conflict is unavoidable and does not discriminate! In the video, he discussed the reasons behind why we avoid conflict.

Why do we avoid conflict?

- We are afraid of falling short or failing
- We are afraid of change
- We are afraid of losing someone or ruining a relationship
- We are afraid of some sort of negative outcome
- Our modern day spiritual “war”

Fear:

1. To feel a painful apprehension of some impending evil; to be afraid of; to consider or expect with emotions of alarm or solicitude. We *fear* the approach of an enemy or of a storm. We have reason to *fear* the punishment of our sins.
2. To reverence; to have a reverential awe; to venerate.

Adarah: There are some fears that are rational. If there is a literal threat coming towards you, that is a righteous fear to have. We should have fear for the punishment of our sins. We want to reverence and have reverential awe for The Most High, so, some fear is okay.



Fighting with Our Parents

Adarah: When I was younger, I got into a lot of arguments with my parents, this was a response that I learned from them because they argued a lot.

- **Leviticus 20:9 (KJV)**

9 For every one that curseth his father or his mother shall be surely put to death: he hath cursed his father or his mother; his blood shall be upon him.

Adarah: I can recall a time when I got into a serious argument with my mom over a hair straightener. The situation escalated to the point where she physically removed me from her house. It was probably one of the worst arguments that we had and when I think about it now, it was all over a flat iron. Had I approached the situation differently, I could have deescalated the situation by calmly asking her for my belongings back.

- **Proverbs 15:1 (KJV)**

15 A soft answer turneth away wrath: but grievous words stir up anger.



Fleeing - Conflict in Friendships

Instead of ...

- Having fear of ruining a relationship/friendship

Try ...

- **Jeremiah 2:33(KJV)**

33 Why trimmest thou thy way to seek love? therefore hast thou also taught the wicked ones thy ways.

Instead of ...

- Conceding even when you know you truly disagree or knowing something is wrong

Try ...

- **Leviticus 5:1(KJV)**

5 And if a soul sin, and hear the voice of swearing, and is a witness, whether he hath seen or known of it; if he do not utter it, then he shall bear his iniquity.

Instead of ...

- “Cutting them off”

Try ...

- **Matthew 18:15 (KJV)**

15 Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother.

Freezing- Internal Conflict

Adarah: After college, I needed to figure out which career path to take. Instead of going through the motions of those next phases of life, I got extremely overwhelmed and shut down. I stopped going to class and ultimately did not graduate college. Knowing what I know now, I can teach others to do differently.

- **Ecclesiasticus 30:21 (Apocrypha)**

21 Give not over thy mind to heaviness, and afflict not thyself in thine own counsel.

Adarah: I had convinced myself that I had to figure everything out all on my own. I told myself that I was not going to be able to find a job and that I was not going to be able to accomplish the things I wanted. I had a fear of failure that prevented me from taking those next steps in school.

- **2 Timothy 1:7 (KJV)**

7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Get Help!

- **Wisdom of Solomon 17:12 (Apocrypha)**

12 For fear is nothing else but a betraying of the succours which reason offereth.

Succor:

Aid; help; assistance; particularly, assistance that relieves and delivers from difficulty, want or distress

1. The person or thing that brings relief

Adarah: Fear is exactly the opposite of getting help. The laws, statutes, and commandments have all the help that we need to overcome fear. Ask yourself if the things you are afraid of are in accordance with the scriptures. If not, then those are thoughts that you should remove from yourself. Fear keeps people from repenting in the first place. If you are letting your fears overwhelm you, do you truly believe?

Ask Yourself: If I were not afraid, what could I do?

