



**The Premier Mind & Soul Conference 2014**

# emotions

**Saturday 11th October 2014  
9.30am – 5pm**

**St Mary's, Wyndham Place,  
York St, London W1H 1PQ**

[premier.org.uk/emotions](http://premier.org.uk/emotions)

**Premier.**  
**mind&soul**  
exploring christianity and mental health



# Worry

The Premier Mind & Soul Conference 2014: emotions

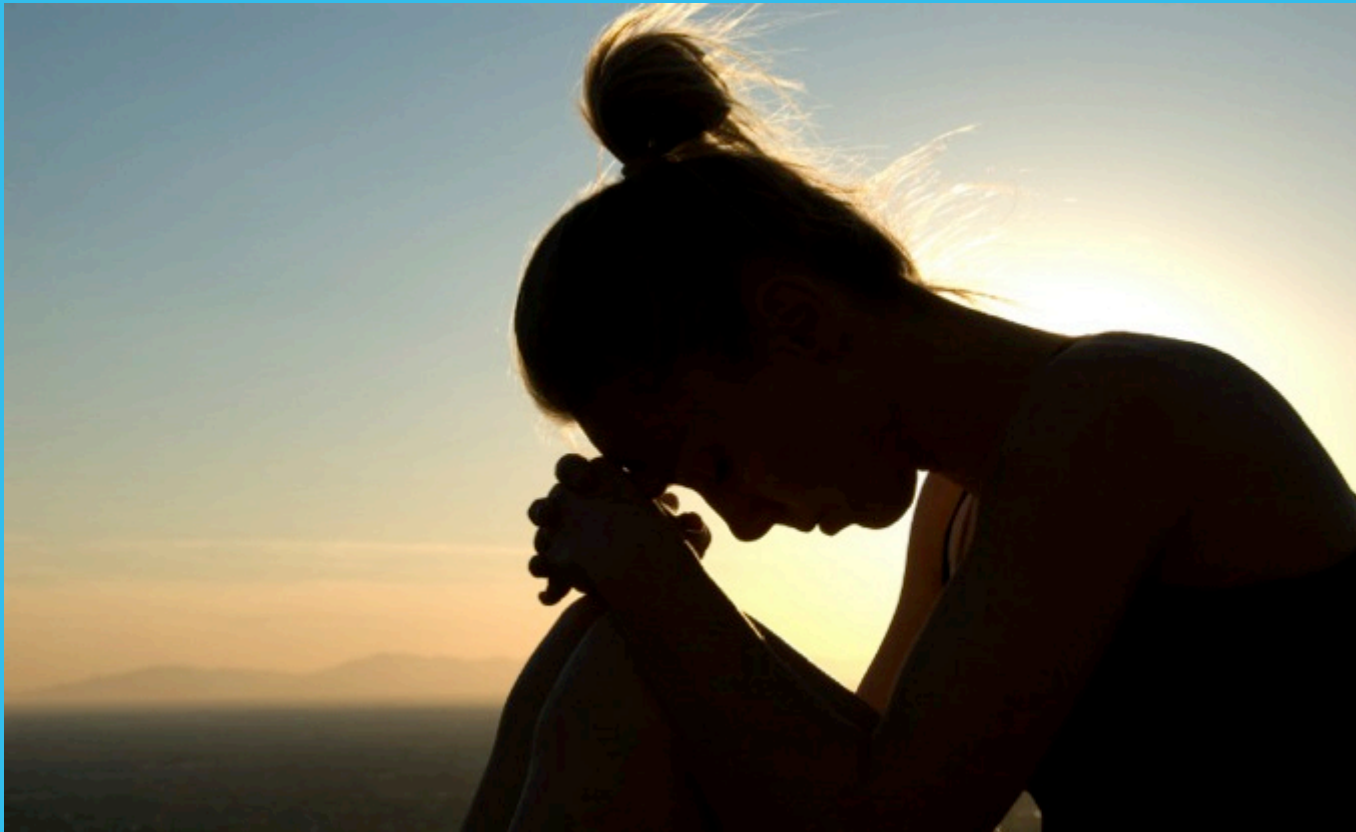
Premier.  
mind&soul  
exploring christianity and mental health



# What Are Your Images of Worry?

The Premier Mind & Soul Conference 2014: emotions

Premier.  
mind&soul  
exploring christianity and mental health









**Worry is a Universal Problem for All Humankind**

**We are all prone to Worry**

**This is why Jesus specifically teaches about the subject**

# Why Do We Worry? – the Origins of Worry

- Paradise lost - Adam and Eve and the Fall
- In Eden there was no Worry
- By choosing to eat the fruit they disobeyed God
- They rejected God's direction
- They showed a lack of trust in God's desire for good for them
- They believed a lie
- They became separate from God and felt alone and isolated
- They felt responsible for their own future
- They felt they needed to take control of their lives
- And be responsible for their own destiny
- But they did not have the power to control their circumstances
- This leaves them and us predisposed to worry



# Things We Worry About

- 30% of things in the past that can't be changed
- 40% of things that will never happen
- 12% of things relating to other people's opinion of us
- 10% of things relating to health issues, which Worry often makes worse
- 8% are things that need us to take action



## We Believe Worry has a Power and a Purpose

The only Power Worry has is what we give to it

Its only Purpose is to deny us our Peace

Worrying won't stop the  
bad stuff from happening  
it just stops you from  
enjoying the good.

thethingswesay

THE THINGSWESAY.COM

**Some of us spend our lives worrying  
about the most detailed things**



drgrantmullen.com

**Others will be focussed on the Big Picture**







***WORRY is  
like  
a rocking  
chair.***

***It gives  
you  
something  
to do but  
gets you  
NOWHERE***

# Worry can trap us in the past

If we are looking backwards

we can not enjoy the now

or look forward to the future

Worry is a total  
waste of time.  
It doesn't change  
anything. All it does  
is steal your joy and  
keep you very busy  
doing nothing. - Unknown

# Worrying can drain you in the now

- Worry takes your attention
- Worry is all absorbing
- Worry can leave you feeling tired

## Worry Can Be Physically and Emotionally Exhausting

- It can leave you fatigued
- It puts strain on your body and its functions
- It feeds stress and anxiety
- It can contribute to depression



Worry does not empty tomorrow of its sorrow;  
it empties today of its strength.

Corie ten Boom


marydemuth.com



## If you spend your time Worrying about the future

You miss all the opportunities that arise in the present

And You are creating past regrets for the future



**"I have spent most of my time  
worrying about things that  
have never happened."  
-Mark Twain**

Image+Quote from [FamousQuotesAbout.com](http://FamousQuotesAbout.com)

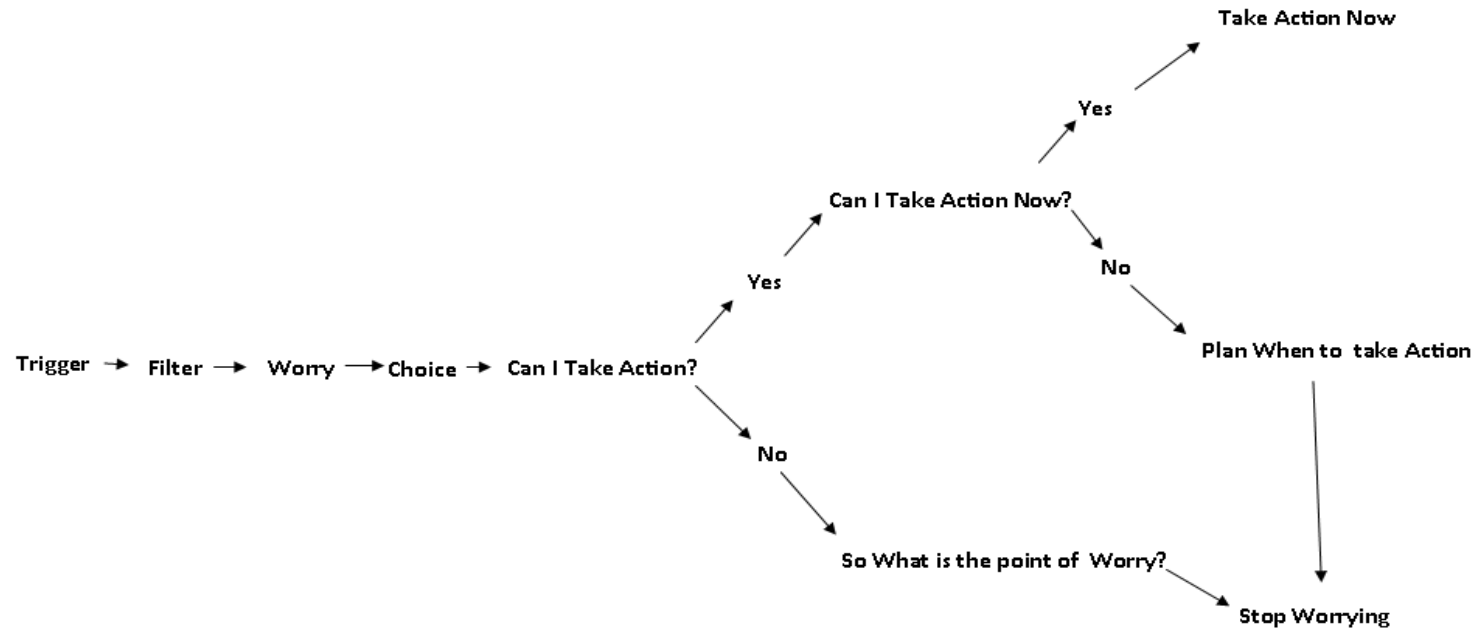
# Worry is a Habit that Imprisons

## You

- Worry is us trying to control our own lives
- It is based on a false belief that by worrying we can make a difference
- We have learned how to worry and it has become part of our lives
- Like other habits we start off feeling in control but then it controls us
- We need to recognise that Worry is a habit
- That it has control over us
- That we need to regain control over it
- We need to re-learn our response to Worry when it starts
- We need to challenge it
- We need to say No to it, tell it to stop!

# Worry is a response to life circumstances

- Trigger: which can be almost anything – thought, communication, action
- Filter: everything we experience is received through the filter of experience
- Response: unease is the consequence of the trigger and our interpretation
- Choice: we are left with the choice as to deal with the issue or to worry



## The Worry Flow Chart—Version 1

**If a problem can be  
solved, no need to  
worry about it.**

**If a problem cannot be  
solved what is the use of  
worrying?**





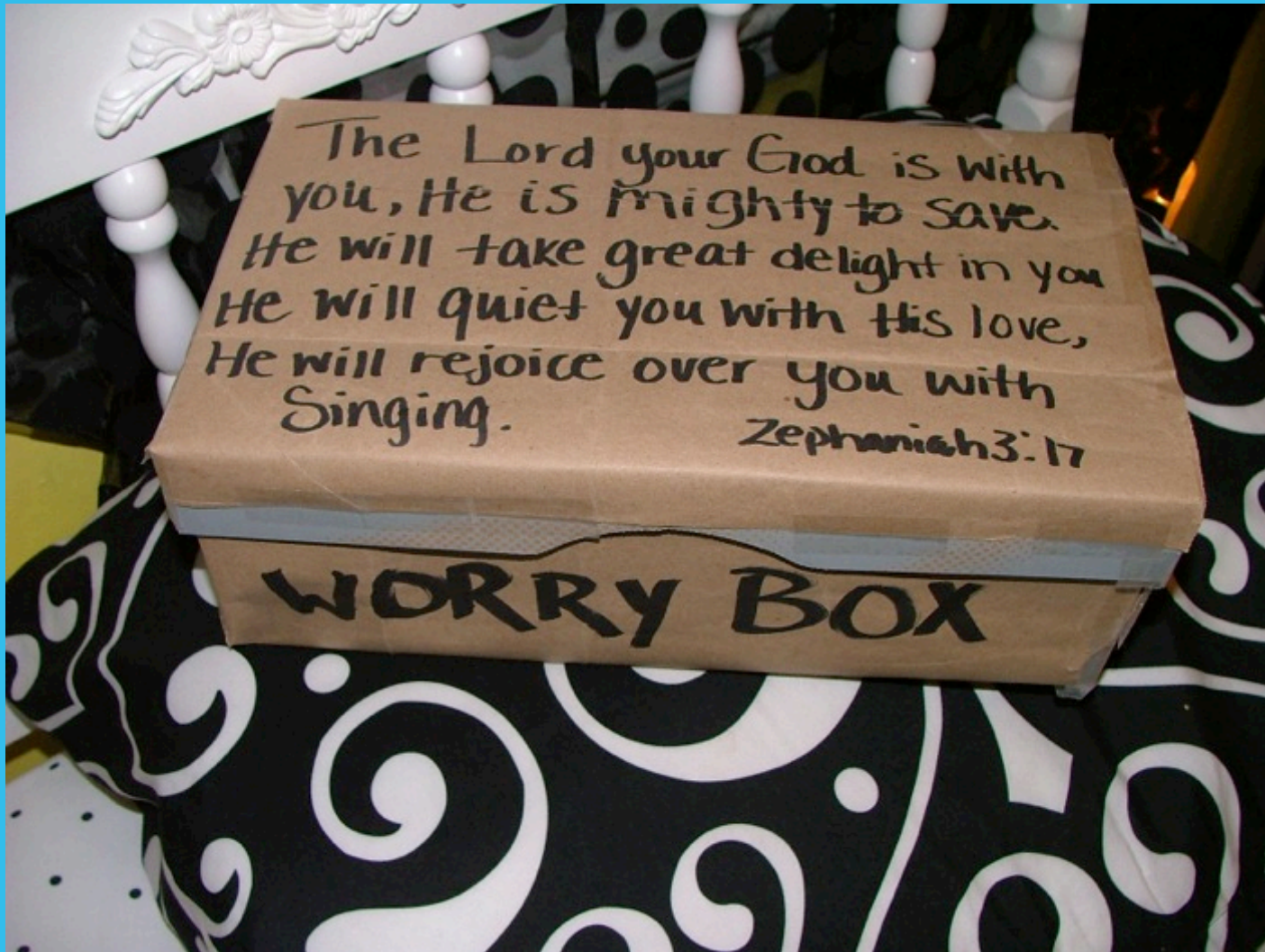
# Key Actions To Deal With the Habit of Worry

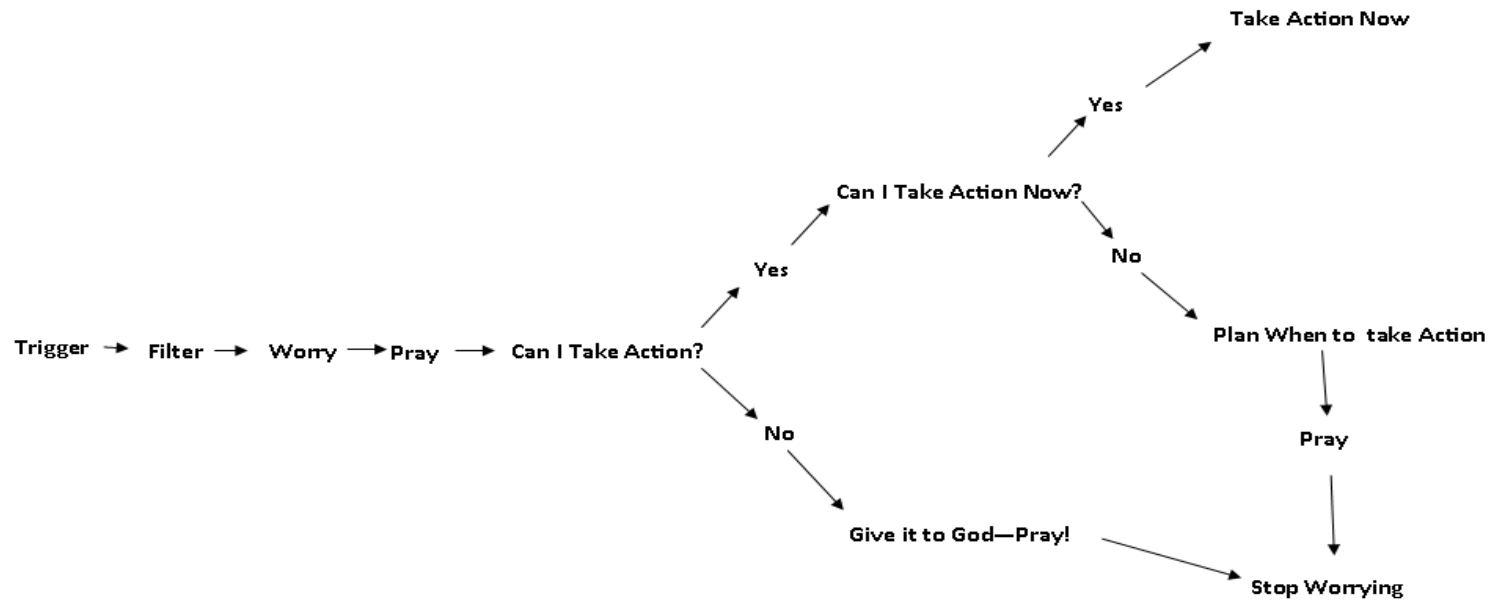
- Learn what things trigger Worry in you and avoid them where possible
- Get to know what filters you have which become alert to the triggers
- Learn the early signs of Worry so that you recognise it when it starts
- Put in place strategies to intervene and avoid Worry
- Talk to someone you can trust – family, friends, Lifeline – a problem shared...
- If it can be changed take action to change it
- If it can not be changed recognise this and that worrying is pointless
- Seek professional help where appropriate
- Use a Worry Box
- Remember a habit takes time to establish and also takes time to change!

# The Worry Box

Arthur Rank - of the Rank Organisation

- Decided to do all his worrying on one day each week
- He chose Wednesdays
- When anything happened that gave him anxiety and annoyed him
- He would write it down
- He put it in his 'worry box' and forgot about it until the following Wednesday
- On the following Wednesday when he opened his worry box
- He found that most of the things that had disturbed him the past six days were no longer issues of concern
- So it would have been useless to have worried about them in the first place





## The Worry Flow Chart—Version 2

# Jesus teaches us how to pray

Your Father knows what you need before you ask him  
'This, then, is how you should pray:

“Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as it is in heaven.  
Give us today our daily bread.  
And forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation,  
But deliver us from the evil one”

**Matthew 6:8b-13 - New International Version**

## **In the context of the Lord's Prayer Jesus tells us not to Worry**

Therefore I tell you, stop being perpetually uneasy (anxious and worried) about your life, what you shall eat *or what you shall drink*; or about your body, what you shall put on...

Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father keeps feeding them. Are you not worth much more than they?

**Matthew 6:25-26 – Amplified Bible**

## **Instead of Worrying Jesus calls us to seek God first and He will provide**

But seek (aim at and strive after) first of all His kingdom and His righteousness (His way of doing and being right), and then all these things taken together will be given you besides.

So do not worry *or* be anxious about tomorrow, for tomorrow will have worries *and* anxieties of its own. Sufficient for each day is its own trouble.

**Matthew 6:33-34 – Amplified Bible**




Do not fret *or* have any anxiety about anything, but in every circumstance *and* in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God.

## **Philippians 4:6 – Amplified Bible**

Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately *and* cares about you watchfully.

## **1 Peter 5:7 - Amplified Bible**



Therefore, do  
not worry about  
tomorrow...