

2nd Annual
INCLUSION FUSION
DISABILITY MINISTRY
WEB SUMMIT

PRESENTED BY:



www.keyministry.org



www.pajamaconference.com

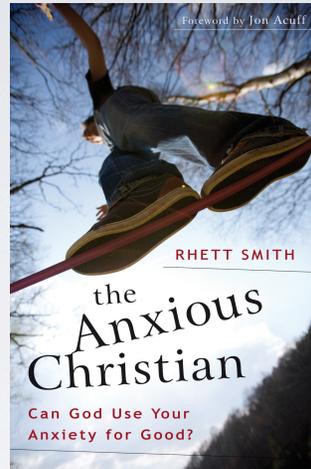


auxano
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Therapy Private Practice



The Hideaway Experience - Marriage Intensive
www.intensives.com



Moody Publishers -- March 2012

“WHY?”

Why should churches become more intentional in their outreach to and inclusion of kids and adults with disabilities and their families?

REFRAMING ANXIETY IN THE CHURCH

Rhett Smith, Licensed Marriage & Family Therapist
(MDIV, MSMFT)

“Current data suggest that in the typical congregation of 150 members a pastor may expect to find at least twenty people with anxiety serious enough to qualify clinically as a disorder, plus numerous others who struggle with the condition in less severe but painful nonetheless. In a word, pastors regularly encounter anxious people.”

Allan Hugh Cole Jr., be not anxious.

TAKEAWAYS FROM THE SESSION

1. What is anxiety?
2. Reframe anxiety and our faith.
3. Anxiety as a barrier and/or catalyst to spiritual growth.
4. Practical steps for the church in ministering.
5. Practical steps for the church in reaching out.

WHAT IS ANXIETY?

ANXIETY = ?

Fear
Worry
Concern
Stress
Danger
Fight or Flight
Freedom
Choice
Possibility

ANXIETY DEFINED

“A state of uneasiness and apprehension, as about future uncertainties.”

(<http://www.thefreedictionary.com/anxiety>)

“A state of apprehension and fear resulting from the anticipation of a threatening event or situation.”

(<http://www.thefreedictionary.com/anxiety>)

"Anxiety is the dizziness of freedom."

Soren Kierkegaard, The Concept of Anxiety

HIDDEN & NON-HIDDEN

Stuttering

Avoidance of Social Interaction

Anxious Presence/Nervousness

Stress

Identity Issues

Lack of a Sense of Self (Who am I?)

Paralysis Over Possibility/Choice

ANXIETY AND OUR FAITH

PHILIPPIANS 4:6

“do not be anxious about anything”

ANXIETY IN THE BIBLE

Choice/Freedom: Genesis 2:16-17

Relational Conflict: Genesis 32

Transitions/Hardship: Exodus -- Numbers

Anguish: Luke 22:42-44

Fear: John 20:19

ANXIETY REIMAGINED

Anxiety



Anxiety
Transformed

Resurrection
1 Corinthians 15

RESPONSES TO ANXIETY

“The healthy individual moves ahead despite the conflict, actualizing his freedom, whereas the unhealthy person retrenches to a ‘shut-in-condition’ sacrificing his freedom.”

Rollo May, The Meaning of Anxiety

Unhealthy = get stuck/bury/depression/fear/worry/stress

Healthy = push through/take risks/face fears/embrace
opportunities/opportunity to grow

SPIRITUAL GROWTH

Barrier

God is punishing me
I lack faith
I'm a bad Christian
Withdraw/Isolate
Disconnect from community
Fear of participating
Avoiding unknowns

Catalyst

Helps face fears
Encourages healthy conflict/resolution/growth
Encourages us to trust God in the unknowns
Allows us to grow

PRACTICAL STEPS FOR THE
CHURCH IN MINISTERING

Have eyes wide open for those who struggle with anxiety.

Help people normalize their anxious feelings.

Walk with people through their struggles with anxiety.

Connect their story to stories in the Biblical text.

Help people reimagine/reframe their anxiety.

Help people remove their shame about anxiety.

PRACTICAL STEPS FOR THE
CHURCH IN REACHING OUT

Educate people (pastors, staff, volunteers) on anxiety.

Fight/Speak out on the stigma of anxiety in the church.

Create non-anxious entry/participatory points for newcomers.

Allow anxious people to be themselves.

Encourage activities/events that don't feed the anxiety.

Create a support group for people to openly talk about anxiety.

CONTACT

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LinkedIn: linkedin.com/in/rhettsmith

Amazon: amazon.com/The-Anxious-Christian-Your-Anxiety/dp/0802404448