

# Sunday

## Week 14. Freedom From Anxiety

**GAD – generalized anxiety disorder – if you have it and find out this is what it's called, you'll likely say, "you mean there's a name for this."**

GAD is a chronic state of being on edge, of having trouble concentrating, of having tension in muscles and joints, of having trouble falling asleep or staying asleep, of being irritable, and of getting tired easily.

The worry that it causes is like dust. You can dust every day or so and get help with the dusting but slowly, inexorably, the dust sifts in, a grain at a time.

"The presence of God calms the soul, and gives it quiet and repose."

Francois De Salignac Fenelon

And, even though GAD colors every view of your life, no one thing is usually the culprit. It's free floating. And, you can't entirely hide it. It shows through when you're trying to have fun. It's as nasty as sitting on an anthill, naked, in a hot sun.

The worries of GAD come more often and are more intense and last longer than the good worries of average people. Thus, the worries of GAD become a way of life. They enfold everything and when you're hit with it, you're tempted to think of yourself as weak, a loser, or simply bad – which pins a moral flag onto the worry state.

Neuroscientists are just now able to put together some of the pieces of the GAD puzzle. To date they include these probabilities:

1. There probably is a genetic vulnerability to GAD.
2. Experiences of life cause the genetic tendency to express itself, sometimes strongly, sometimes not so strongly.
3. The person with GAD is not able to sooth himself or herself as readily as other people can.
4. Self torment is also more apt to occur.
5. The basis for less soothing and more torment probably has a biological basis. This is connected to the body's production of GABA (gamma amino butyric acid), which is the precursor of internally produced drugs that act like Valium and Morphine. In the body these are known as endorphins.

6. The number of receptor sites for endorphins, also a genetic factor, plays a role in whether the anxiety you feel is slight or whether it's heavy.

Thus, GAD is not your fault, it occurs as a result of physical factors that you can't control.

But, there are a few things you can do that will make your body handle its anxiety and worry.

And, they're next.

# Monday

## Week 14 – Day 1

### Morning Prayer

Theme: Ask God for healing of our families

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

## The Holy Spirit As The Source of Peace

### Step #1. Reduce worry points.

Questions:

1. Have you had a will drawn?
2. Do you have a plan to reduce future worries about money?
3. Do you have a system for organizing your desk and your office?
4. Do you have a Rolodex or other system for keeping important telephone numbers next to your telephone?
5. Do you always put your car keys in the same place so you'll never have to search for them?
6. Do you make sure your children see the dentist when they should.

Worry over ordinary, everyday things can be reduced through putting the **CPPR** method into action:

1. **Check it out.** Be specific. What's causing your anxiety patterns? Ask what, who, where, why, when, how?
2. **Pray about it.** Ask for wisdom – discernment.
3. **Plan –** put your plan on paper with objectives and goals.
4. **Remedy the cause of worry –** take action.

This approach turns worry into action, treating worry as the warning signal it should be. The basis for this approach is structure – a generic word for lists, reminders, schedules, rules, any organizing method. Structure is a potent antianxiety agent.

Pray for the Holy Spirit to give structure to your life.

### Wrapping Up

It's time.

# Tuesday

## Week 14 – Day 2

### Morning Prayer

**Theme: Ask God for healing of our work communities**

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### Evening Prayers

**Theme: Changing what is, through the power of the Holy Spirit**

### The Holy Spirit As The Source of Peace

#### **Step #2. Use good words.**

The words with which you communicate determine the quality of your life – the extent of your anxieties and your worries. This is especially true when communicating with others or with yourself. Especially with yourself.

The impact of your words and the words of others spoken to you cause measurable biological changes in your brain. Words are stored in your conscious and subconscious mind. We think in words.

Thus, words can make you laugh, make you cry, make you worry, make you anxious, make you happy.

#### **Self-Talk**

The words that you utter internally, your self-dialogue, becomes the program of your mind, the thought to which you become attached. So, you're continually telling yourself what to be afraid of, what to worry about – silently. These are negative silent words that are programming your mind silently.

Obviously, thereby, you can turn around negative programming by replacing it with positive self-talk.

So what are you saying to yourself about yourself? Here are two questions.

#1. Describe one negative thing that you say to yourself.

#2. Describe one positive thing that you say to yourself.

Pray for the Holy Spirit to help you think more positively.

### **Wrapping Up**

It's time.

# Wednesday

## Week 14 – Day 3

### Morning Prayer

Theme: Ask God for healing of our living communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit  
The Holy Spirit As The Source of Power

### Step #3. Nous Work on negative words spoken to you by others.

When you assimilate words that other people say – whether that's what you hear them speak or whether you read those words – those accepted words become part of your belief system – words to which your mind is attached.

#### Part 1.

So, on your writing pad – write the answers to the following 6 questions:

1. Who makes you worry? Why? How?
2. What do you want them to do to change?
3. What should or shouldn't they do, be, think, feel?
4. What do you need for them to do so that you won't worry?
5. What do you think of them? Make a list.
6. What experience with that person do you not want to relive?

#### Part 2.

The work of the Holy Spirit is to connect you to truth and reality through deep inquiry. Here are five inquiries for you to use to investigate the reality of what you have written for the previous questions.

Inquiry #1. Is what you are saying true?

Inquiry #2. Can you know that it's absolutely true, beyond a shadow of doubt?

Inquiry #3. What thoughts do the answers bring up? (example: worry over something said or done to you)

Inquiry #4. What if you forgive the person for making you feel this way?

Inquiry #5. After forgiving them, what if you turnaround the negative thought and the think the opposite thought about them? (example: "you make me happy"). Thus, the power of forgiveness changes your mind and behavior (you cannot change other people).

As you work with the Nous Work Exercise, think of someone you haven't totally forgiven yet or someone you've judged harshly. Forgive them!

### Wrapping Up

It's time.

# Thursday

## Week 14 – Day 4

### Morning Prayer

Theme: Ask God for healing of our nation

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As The Source of Peace

#### Step #4. Use your head.

An aerobic workout habit is good for pumping more blood to more places, and since blood contains O<sub>2</sub> and since your brain is one of those places – the place where the neurotransmitters and their receptor sites are mismatched -- it makes perfect sense that you need to get moving to overcome the shyness, the reticence that GAD causes.

So, as regular workouts improve your chemical confidence, there's a good chance that you will go from being a shy wallflower to a Carol Burnette – clowning, singing, and yodeling like Tarzan. Honestly, she used to be one of the shy people, as told in her autobiography One More Time.

Anyway, even if the example doesn't fit, a workout in a fitness class will combine both physical and social exercise – perfect starting places to push the endorphins and to squelch the shyness of worrying over doing the wrong thing, like being embarrassed by your two left feet.

So, join the beginner's class. They're so forgiving and they're for having fun. So, fun, not perfection, is the bottom line.

And, as you make friends, you can come up with all sorts of outrageous conversation – from considering whether the better tempo for the workout would be the music of John Lennon or John Philip Sousa.

### Wrapping Up

It's time.

# Friday

## Week 14 – Day 5

### Morning Prayer

Theme: Ask God for healing of the world

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As The Source of Peace

#### Step #5. Go to more church socials.

The GAD Syndrome creates reticence about social situations because worry about what was said kicks in later. Here are four good moves that will begin your turn around from shyness to outgoingness.

**1. Be prepared – like a Boy Scout.**

At home, work on a few conversation starters and silence fillers. That way, if awkward moments arise, you'll be ready with, how a new technology generating power from saltwater could generate 25% of the Netherlands electricity.

Knowing that you have a few well rehearsed conversation openers at the ready if need be will cut your anxiety level and let you enjoy yourself.

**2. Enter breathing.**

A few deep breaths before you actually go in will do wonders for quieting your anxieties.

**3. Talk like Charles Kuralt**

Keep your conversational style simple. Don't stretch to be overly interesting. Just be warm and open. Make a concerted effort to shift the conversation away from yourself onto the other person. The more you do it, the better you'll get.

**4. Pretend you're Katherine Hepburn.**

Katherine can help you slip out of shyness and become the person you were meant to be. Mimic her. Maybe a part in a movie will open up.

### Wrapping Up

It's time.

# Saturday Eating Realities

## Week 14 Congratulations

Now that you have finished the first 12 weeks of the REDUCE plan you should have a general understanding of the basic principles of nutrition. You have been eating a low calorie, low fat diet rich in fiber and protein. (review the Nutrition Breakdown page). You have been eating in a structured way – 3 average sized meals and 2 snacks a day. Hopefully you are eating more fruits and vegetables and are limiting your intake of “pleasure foods” (deserts, sweets, chocolate, etc.). You have probably also noticed that your weight loss has leveled out and you are not losing as much weight as when the diet started. Welcome to Resistance. Your body’s natural reaction to a change is to slow down the metabolism and try to retain as much excess weight as possible. Your job is to not get discouraged and continue to work towards a goal of better health. You have taken a monumental step by completing the 12 week diet and hopefully lost 10-20 pounds or more. If you never lose another pound your overall health will still be improved by the initial 10-20 pounds lost. Your first goal is to use the skills you have learned about diet and exercise to sustain you initial weight loss. Use the techniques below for the next 12 weeks and just try to maintain your weight loss. Eventually the other pounds will come off, but, it is a slow process. Look for 1-2 pounds of weight lose each month and remember – the goal is not necessarily to lose a lot of weight. Your main goal is to feel better physically, mentally, and spiritually and have better overall health.

Maintenance. If you are happy with your current progress and are on your way to your goal weight you can continue the same general diet principles indefinitely. Eat 3 meals and 2 snacks a day consisting of the Diet foods or nutritionally similar meals for at least 5 days a week. (See the Nutrition Breakdown). Continue to weigh yourself daily, and if you see any significant increase in weight, restart the

strict diet. Here are some suggestions on how to continue healthy eating.

Breakfast – Pick 1 or 2 simple breakfasts such as All Bran or Oatmeal and stick to these most days of the week.

Lunch – Choose something under 400 calories. A simple sandwich, salad, or prepackaged meal (Weight Watchers Smart Ones, Lean Cuisine, Healthy Choice, Lean Gourmet) are good options.

Dinner – Stay under 500 calories. Keep it simple. Use the Diet choices, homemade meals, prepackages meals, along with experimenting with fish meals. Read labels and try to match your meals with what you have been eating. Avoid eating out and deserts.

Snacks – Continue nuts as 1 snack a day and work on increasing your fruit intake.

## Nutritional Content

<b>Breakfast</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
Oatmeal	240	3	40	4	10
All Bran	250	3	57	18	16
Egg on Toast	120	6	10	2	10

<b>Lunch Sandwiches</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
Tuna Salad	245	8	20	4	28
Egg Salad	285	17	20	4	20
Chicken Salad	295	9	20	4	21

<b>Dinners</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
6 inch Subway with cheese	370	11	47	4	32
Salad with Grilled Chicken	150	2	14	2	20
Fish Dinner	240	5	30	3	18
Wendys Salad with Chili	255	6	26	6	18
KFC Tender Roast Sandwich with Green Beans	310	7	30	3	33
Chick-Fil-A Chargrilled Sandwich with Fruit	300	4	46	4	28

# Saturday's Message

## Week 14

### "The Solid Rock"

#### Hebrews 13:8 and Matthew 7:24 – 27

Since the time of our marriage on June 26, 1960, my wife and I agreed that, God willing, we would eventually move back to our home county and enjoy living out our retirement years in familiar surroundings. The long years of planning turned into reality about two years ago when we sold our house in Thomasville, NC, and made the move to our small farm in Catawba County. Some years earlier, our daughter, Rose Marie, her husband, David, and their daughter, Lindsey, had moved from Charlotte and built a house on the farm. About that same time, our son, Ray and his wife, Patrice, purchased a small farm in Catawba County and moved from Winston-Salem. Eight months ago, Ray and Patrice were blessed by the birth of their daughter, Clara. Jewell and I rejoiced that finally our family would be living within fifteen minutes of each other.

Almost immediately, Jewell and I realized that indeed we were not returning to "familiar surroundings". One day, as we were riding around in our home county, I turned to Jewell and exclaimed, "Nothing ever stays the same!" Later during a time of meditation, I started reflecting on that statement. All of a sudden I said to myself, "Things may not stay the same, but I know SOMEONE who stays the same!" The inspired writer states that truth very clearly in Hebrews 13:8 where he declares, "Jesus Christ the same yesterday, and today, and forever."

During my reflection time that day, I was encouraged by considering some of the great qualities of our Lord that never change.

1. Jesus Christ is the same in His Love. "For God so loved the world that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." (John 3:16) What a verse! What rich meaning! What remarkable spiritual truths are found in that one verse! Divine love starts with Almighty God and includes all the people of the entire world. The degree of God's love is proclaimed in that little word "so" which is often just skipped over when we read or quote John 3:16. Accepting God's great love supremely revealed in the coming of Jesus Christ – God's only begotten Son – brings salvation for now and for eternity to "whosoever believeth in him." That divine love never changes.

2. Jesus Christ is the same in His forgiveness. "If we confess our sins, God is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." As the Word declares, we have "all sinned and come short of the glory of God." (Romans 3:23) But divine forgiveness is always available. Jesus Christ is the SAME....His amazing forgiveness never changes.

3. Jesus Christ is the same in His presence. The Bible makes it clear that God is with his people. His divine presence is a blessing to cherish. The psalmist makes it clear that even "though I walk through the valley of the shadow of death, I will not fear for God is with me." The word THROUGH is key even if we "slide" over it quickly when we read or quote Psalm 23. We walk THROUGH not just INTO. We move on THROUGH that dark valley and INTO eternity on the other side. And God is with us all the way. Our Lord's final promise to His disciples, including all of us, is "Lo, I am with you always, even unto the end of the world." (Matthew 28:20)

When I was a boy growing up in the little town of Catawba, NC, Sunday night services at Catawba Baptist Church were special. The evening services usually had three parts - a time to sing, a time to pray, and a time to hear God's Word read and proclaimed. The "time to sing" part of the service gave us the opportunity to request that a verse or two of one of our favorite songs be sung by the congregation. Hymn number 400 in the old Broadman Hymnal was one of my Daddy's favorites. Hymn number 400 was entitled "Never Alone". I can still hear my father as he called out "Number 400" over and over again in those Sunday night services. As a church, we would stand and sing together the words and message of the great song:

He (Jesus Christ) promised never to leave me,  
Never to leave me alone.  
No, never alone, no never alone.  
He promised never to leave me,

Never to leave me alone.

The message of that hymn, even at age 69, keeps ringing in my mind and remains planted in my heart. Our Lord will never leave nor forsake us. We are never alone, His presence does not change.

Our son, Ray, is a fisherman. As often as possible I go with him to the Yadkin River where we enjoy fishing for catfish. Sometime ago, following several days of hard rain, we went to the Yadkin to fish. The water was higher than I had ever seen and really rough. On that day it could be called "the mighty Yadkin". We launched the boat in one of the most remote areas of the river and went upstream to one of Ray's favorite spots. The anchors were dropped at the front and the back of the boat but they would not hold in the raging

water. We floated downstream almost as if we did not have the anchors down. We pulled up the anchors and moved downstream to another location where a huge rock started over on the bank and extended over to the middle of the river. The water was so high that only the top of the enormous rock could be seen. At that new spot we dropped the anchors again with the same results as before. Down the river we floated! This time we pulled up the anchors and Ray said, "Dad I am going to ease the front of the boat up against that big rock. You catch hold of it. Someone has bored a hole in the rock and I have a medal rod in the boat that will fit right into the hole. We are going to anchor to that solid rock." We did just that and before long eight lines were out there in the water. The water continued to rage all around and over the top of that big rock but the boat stayed secure. We were anchored to the solid rock and could not be moved by the raging waters. Before long, Ray caught a twenty-five pound catfish!

When we loaded the boat and left the river that day, I was so happy that Ray caught that big fish. But I must confess that my mind was focused on the solid rock. Then I thought of Jesus Christ who is the same yesterday and today and forever. He is the solid rock and if our lives are anchored in Him the winds of change and the circumstances of life may rage all around us but we will not be moved. But whether or not we are truly anchored to Jesus Christ is our individual decision to make. I don't know about you, but I take my stand with the hymn writer who declares:

On Christ the solid rock I stand.  
All other ground is sinking sand.  
All other ground is sinking sand.  
AMEN.

Reverend Phillip R. Morrow Sr.

## Post Script

Remember, in every failure – yes, in every failure – the seeds of success are generating. The work of the Holy Spirit is to help you recognize those seeds, understand their meaning, and challenge the Resistance, while you pour on the water and the fertilizer to bring them to flower.

Ray and I wish you every and continued success as you grow this new garden of adventure in your life.

It's been our pleasure to research all these ideas for you.

It's been a pleasure to present them. Thanks for helping us have so much fun.

"To God nothing is impossible."

Francis Raelais

# Source Notes

Book	Publisher	Year	Author
1. Healing With Motion	Rodale Press, Inc.	1999	
2. The Intention Experiment	Free Press	2007	Lynne McTaggart
3. Living The Message	Harper San Francisco	1996	Eugene Peterson
4. Oswald Chambers Devotional Reader	Thomas Nelson	1990	
5. Magic Words	Nicholas Direct	1995	Ted Nicholas
6. In The Spirit	Harper Perennial	1993	Susan I. Tarfar
7. Worry	Random House	1997	Edward M. Hallowell
8. Healing Through The Dark Emotions	Shambhala	2003	Miriam Greenspan
9. Spiritual Literacy	Scribner	1996	Frederic and Mary Ann Brurssat
10. My Utmost For His Highest	Discovery House	1992	Oswald Chambers
11. Loving What Is	Three Rivers Press	2002	Byron Katie
12. Maximum Achievement	Simon & Schuster	1993	Brian Tracy
13. 10 Habits That Mess Up A Woman's Diet	McGraw Hill	2006	Elizabeth Somer
14. The World's Best Kept Diet Secrets	Source Books	1998	Diane Irons
15. Mindless Eating	Bantam Books	2006	Brian Wansink
16. The Message	NavPress	1996	Eugene Peterson
17. The King James Bible			
18. The New International Bible	Zondervan	1985	
19. The Breakout Principle	Scribner	2003	Herbert Benson and William Proctor
20. The Daily Study Bible Series	Westminster Press	1956	William Barclay
21. The Maker's Diet	Berkley Books	2004	Jordan S. Rubin
22. Whatever Became of Sin	Hawthorne Books	1973	Karl Menninger
23. Nourishing Wisdom	Bell Tower	1991	Marc David
24. Half Time	Zondervan	1994	Bob Buford
25. The Book of Jesus	Simon & Schuster	1996	Calvin Miller, Editor
26. The Cloud of Unknowing	Doubleday	1973	William Johnston, Ed.
27. One Small Step Can Change Your Life	Workman	2004	Robert Maurer
28. The War of Art	Warner Books	2002	Steven Pressfield
29. Recapture the Wonder	Integrity	2003	Ravi Zacharias
30. Great Men Search For God Compiled by Harold Whaley	The Peter Pauper Press	1975	
31. The Slow Down Diet	Healing Arts Press	2005	Marc David
32. Diabetes Solution	Little Brown	2003	Richard K. Bernstein
33. Jesus The Man Who Lives	Harper and Row	1975	Malcolm Muggeridge
34. The Complete Works of Oswald Chambers Published by The Discovery House Publishers		2000	