

SIGNS OF A PANIC ATTACK

- ✓ Sudden feelings of fear & terror without warning at any time (including while you are asleep).
- ✓ Believe that you are having a heart attack instead.
- ✓ Racing heart. May include chest pains.
- ✓ Feel weak, dizzy or faint.
- ✓ Numbness or tingling in fingers and hands.
- ✓ Feel sweaty or have the chills.
- ✓ Difficulty breathing.
- ✓ A feeling of loss of control.



A. We are not alone

Jeremiah,
Elijah & David

“O Lord, you have
deceived me and I
was deceived”
Jeremiah 20:7

“It is enough; now,
O Lord, take away my
life” 1 Kings 19:4

“I say to God, my rock: “Why have you
forgotten me?”” Psalms 42:9-10

1. God is not angered by honest words.
2. Authentic Relationship with God.
3. His mercies reigns in our brokenness.
4. The ultimate Friend we find in our pain is Jesus himself. Jesus wept. On the cross, Jesus experience separation from God in its fullness.
5. Our Saviour understands what it means to be in pain.



B. God's love and faithfulness are never dependant on us

Hard to choose the right thing to do.

God teach you the most valuable lesson of your life.

1. God's love for you is solely dependent on His character, grace and goodness.
2. God will never walk away from you.
3. God can handle our doubts, frustrations, failures and darkness moments.
4. He is an astounding gracious God.
5. He loves us through it all, because that is simply who He is.



C. Pain doesn't have to be wasted

Empathy is powerful.

What you go through can be a blessing to others in the future.

Psalms 84:6 - When they walk through the Valley of Weeping, it will become a place of refreshing springs. The autumn rains will clothe it with blessings.

1. God can use you in any situation if you allow Him.
2. Ultimately, it is not just teaching and moulding us, but also to use us to bring hope to others who are hurting.
3. You are not suffering alone.

What You Can Do About Anxiety?

1. Turn to Relaxation Techniques:
e.g. Music, Meditation, Exercise
2. Track Your Mood to Identify Patterns
3. Talk to a someone you trust
4. Don't Try to Suppress Anxiety, Learn to Cope Instead

Philippians 4:6-7 New King James Version (NKJV)

⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

