

Break the Anxiety Danger Cycle

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we think about breaking the anxiety danger cycle.*

INTRODUCE TOPIC & SCRIPTURE: Matthew 10:29 "Are not two sparrows sold for a penny? And not one of them will fall to the ground without your Father's will. But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows".

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE: (Psalm 91:2) "My refuge and fortress, my God in whom I trust!"

MEDITATION: "When we think we are in danger, our brain sends a message to our nervous system to switch on our fight or flight mode and to be on high alert. Imagine a group of deer grazing peacefully in a meadow and then hearing a noise and smelling a hunter. White tail goes up and they are on high alert. Anxiety is a danger signal. Fear is good when there is a real threat of danger. Fear prompts us to move, to do something to protect oneself. It is bad to live in a constant state of danger, a constant state of fear, worry, and anxiety that leads to hypervigilance, where we try to predict and control all possible threats. Anxiety comes from continuously sensing danger. Jesus strictly forbids us from being anxious. To follow His command, it is helpful to identify what you perceive to be dangers in your life. To remove anxiety, we must deactivate the danger signal.

Jesus gives us the ultimate reason to believe we are safe. Because God is your Father, He governs all things. Nothing can happen, not even one sparrow falling to the ground unless God the Father wills it or permits it. And God wills and permits nothing unless it is for the greatest good. As long as we do our best to fulfill our responsibilities, to do our part, then God will take care of the rest. And he does not expect you to be perfect because only God is capable of perfection. Pay attention to this: God respects our freedom. If we want to try to control everything and protect ourselves against every possible danger through hypervigilance, then God will let us try, and He will not override our choice. Therefore, when we worry, we put ourselves in the place of God and leave Him no room to act on our behalf. Trust in His providential care gives Him space to act."³

RESOLUTION: (Re-read Scripture.) "Being Anxious or worried is saying to God - I've got this so you can stand down. Trust says to God - I can only do so much, I'll do what I can, but I need You, God, to take care of everything else. What are the causes of fear and anxiety that you face? What can you do today to remind yourself to give all of your concerns to God? Come Holy Spirit...

PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all we do glorify You. Mary, Mother of the Word Incarnate, **pray for us**; St. Joseph: **pray for us**; St. of the day: **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Holy Family School of Faith, Rosary Meditation for October 16, 2020, *Break the Anxiety Danger Cycle*. Used with permission.

