



Say to wisdom, “you are my sister,” And make understanding your closest friend. For they will keep you from the immoral woman.
Proverbs 7:4-5a

Women’s Discipleship Group – 2006
HELPMATES, HANDMAIDENS & HARLOTS ON-LINE BIBLE STUDY
HEALTHY LIFE SERIES
LESSON #3 Overcoming Anxiety and Stress
Website: www.terrimcfaddin.org
Presented by: Terri McFaddin Solomon

Definitions: *Helpmate – Handmaiden – Harlot*

Helpmate: *A married woman who is committed to the well being of her husband.*

Handmaiden: *An unmarried or married woman who is committed to serving the Lord.*

Harlot: *An unmarried or married woman who will sacrifice her soul or body for personal gain.*

Scripture Focus:

Helpmate:

Proverbs 12:25 – An anxious heart weighs a man down, but a kind word cheers him up.

Philippians 4:6 – Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which passes all understanding, will guard your hearts and minds through Jesus Christ.

Handmaiden:

Psalms 94:18 – When I said, “My foot is slipping,” your love, O LORD, supported me. When anxiety was great within me, your comfort brought joy to my soul.

Luke 12:29-31 – And do not worry about food—what to eat and drink. These things dominate the thoughts of most people, but your Father already knows your needs. Don’t worry whether God will provide for you...He will give you all you need each day if you make the Kingdom of God your primary concern.

Harlot:

Isaiah 57:20-21 – “But those who still reject me are like a restless sea. It is never still but continually churns up mire and dirt. There is no peace for the wicked,” says my God.

Proverbs 28:1 – The wicked run away when no one is chasing them, but the godly are as bold as lions.

Anxiety: Definition: To be worried, fearful or distressed about the uncertainties of life.

Stress: Definition: Mental, emotional and/or physical tension, distress or strain.

OPENING STATEMENT:

The Helpmate’s Story: Poor diet and the lack of exercise are not the only threats to a healthy lifestyle. A marriage that is filled with stress and anxiety (characterized by worry, frustration, fear and anger), can cause the malfunction of your vital organs and make you and your husband vulnerable to disease, allergies and accidents. Your task as a godly helpmate is to treat anxiety

as the enemy of your marriage. The first line of defense is to *be anxious for nothing...Philippians 4:6*. Work to make your prayer life bigger than your problems. If possible, pray with your husband on a daily basis. Rehearse God's faithfulness in your life and the promises of His Word. Secondly, recognize that your words have the power to create anxiety, or to destroy it. *Proverbs 12:25 says, An anxious heart weighs a man down, but a kind word cheers him up.* If your husband is worried and upset, don't add to the problem by being critical or talking gloom and doom. *Proverbs 12:18 says that reckless words pierce like a sword, but the tongue of the wise brings healing.* Finally, take a break together. Go to the movies. Cook outside on the grill. Take a long walk. As you relax, talk, pray and laugh together, agree not to give up! It will be medicine to your soul.

The Handmaiden's Story: When it comes to serving the Lord and living a peaceful life, it's easy for an unmarried woman to think that if she had a husband to comfort her, she would be less anxious. Many married women feel just the opposite. They believe that if they could get away from their husband (even for a day or two) all of their stress and anxieties would disappear. The truth is that whatever your marital status, you will be faced with challenges that can lead to high levels of stress and anxiety. If you are hoping to find peace of mind, comfort and moral support in a person, you'll find yourself wondering: "What if they don't come through? What if they get tired of hearing about my troubles?" As your mind races, so will your blood pressure, heart-rate and hormonal system. The only one who can truly take away your anxiety is the Lord. *Psalm 94:18b, says, When anxiety was great within me, your comfort brought joy to my soul.* So here's the drill. Take a prayer-walk in the morning, lunch-time or after dinner. Talk to the Lord and let Him talk back to you. Then, get a life! Stop worrying and waiting for your ship to come in; your prince; your kids; or your big break. Anxiety is created by the fear of what the future holds, so live one day at a time. *Luke 12:29&31 (paraphrased) says, Don't worry whether God will provide for you...He will give you all you need each day if you make the Kingdom of God your primary concern.*

The Harlot's Story: The lure of the fast life is the belief that you can get what you want if you bend, alter or break a few of God's rules. The harlot soon finds out that in spite of all the bling and good times, disobedience to the Word of God can lead to stress and anxiety. *Isaiah 57:20 says, "But those who still reject me are like the restless sea. It is never still but continually churns up mire and dirt...There is no peace for the wicked," says my God.* The life of the harlot demands that she live a lie. She makes herself believe that money, men and good times will make her happy. But deep inside, she is filled with anxiety because guilt, shame and an uncertain future are draining her inner peace. Her anxious state of mind requires drugs (prescription and otherwise), alcohol, binge eating and other destructive behavior just to get through the day. You may be doing something that's illegal; going from one relationship to the next; or doing other things that leave you feeling depressed, worried, and frustrated. But the Lord still loves you and wants to give you rest. *Jeremiah 3:1 You have played the harlot with many lovers, says the LORD. Yet I am still calling you to come back to me.* The Lord wants to take away your anxiety and restore your health. *Isaiah 44:22 says, "I have swept away your offenses like a cloud, your sins like the morning mist. Return to me, for I have redeemed you."*

Your Story: What medical problems have you encountered that were the result of stress and anxiety? What did you do to find peace and get your health back on track?

OBSERVATIONS AND APPLICATION:

Helpmates: Sometimes it's the little things that you and your husband do to each other that can leave you both with feelings of anxiety. 1. What small thing can you ask of your husband that would keep you from "freaking out?" Find a way to talk to him about your needs. 2. Ask you husband what small thing you can do to make his life more peaceful. If possible, try your best to comply. 3. Find a calming scripture to write down and place it in his shirt or jacket pocket before he goes to work. Take another moment to find calming scripture for yourself.

Handmaidens: As long as you stay close to the Lord the things that you are anxious about will end up in one of two categories. 1. You will one day laugh about your experience. 2. You will one day share your testimony of how the Lord brought you through a difficult experience. Now is the time to remember how anxious you once were about a situation in your life. So get busy and write down one serious victory and one laughable experience in your life.

Harlots: None of us have been perfect all of our lives. What advice would you give to a sister-friend who is involved in an ungodly lifestyle that will lead to stress and anxiety? 1. Involved with an ungodly man/woman or multiple relationships. 2. Choosing to compromise her relationship with Christ for the sake of making money. 3. Hanging out with ungodly people who are involved in illegal or high-risk practices.

GOT STRESS???

PLEASE EMAIL US YOUR "STRESS BREAKER" TIPS

www.wdgonline.org

1. Take a long, warm bath with candles and scented oils.
2. Take up a simple and inexpensive hobby.
3. Try walking, swimming, golf or other outdoor activities.

NOW IT'S YOUR TURN TO ADD TO THE LIST!