

A. We are Fearfully and Wonderfully Made

1. The brain and anxiety
2. The sympathetic and parasympathetic nervous systems
3. What we know about anxiety sufferers
4. What we know about environments of stress

B. Baseline Habits that Mitigate Anxiety

1. Diet
2. Exercise
3. Sleep
4. Connection
5. Service
6. Play and creativity
7. Solitude and margin

C. Renegotiate Your Relationship with Technology

1. Technology and the age of too much information
2. Technology and over-exposure of the “bad”
3. Technology and the age of hustling for a place in this world

Book Recommendation:

You are Not Your Own: Belonging to God in an Inhuman World
Alan Noble

Notes:

D. Spiritual Disciplines that Calm the Soul*

1. **Breath Prayer:** to pray a simple, intimate prayer of heartfelt desire before God.
2. **Centering Prayer:** to quiet the heart and rest in God alone.
3. **Contemplation:** to wake up to the presence of God in all things.
4. **Contemplative Prayer:** to develop and open, restful receptivity to the Trinity that enables me to always be with God just as I am.
5. **Detachment:** to nurture the spirit of trust that is attached to God alone.
6. **Fixed-Hour Prayer:** to stop my work and pray throughout the day.
7. **Gratitude:** to be sensitive to the Holy Spirit's prompting to live with a grateful heart, cognizant of God's work in my life and abundant resources.
8. **Intercessory Prayer:** to turn my concerns and worries into prayer; to enter God's heart for the world and pray from there.
9. **Journaling:** to be alert to my life through writing and reflecting on God's presence and activity in, around and through me.
10. **Listening Prayer:** to quiet the inner and outer noise so I can open my heart and listen for God's voice.
11. **Meditation:** to more deeply gaze on God through the written Word and created order.
12. **Mindfulness/Attentiveness:** to live wholeheartedly in the present moment, alert to God and without judgment.
13. **Practicing the Presence:** to develop a continual openness and awareness of Christ's presence living in me.
14. **Prayer of Lament:** to take my complaints, anger, sufferings, frustrations, and heartaches to God.
15. **Prayer of Recollection:** to rest in God, allowing him to calm and heal my fragmented and distracted self.
16. **Rest:** to honor God and my human limitations through restful rhythms.
17. **Retreat:** to pull back from daily life and spend extended time with God.
18. **Rule for Life:** to live a sane and holy rhythm that reflects a deep love for God and respect for how he has made me.
19. **Sabbath:** to set apart one day a week for rest and worship of God.
20. **Self-Care:** to value myself as my heavenly Father values me.
21. **Silence:** to free myself from the addiction to and distraction of noise so I can be totally present to the Lord; to open myself to God in the place beyond words.
22. **Simplicity:** to uncomplicate and untangle my life so I can focus on what really matters.
23. **Slowing:** to curb my addiction to busyness, hurry and workaholism; to learn to savor the moment.
24. **Solitude:** to leave people behind and enter into time alone with God.
25. **Unplugging:** to be fully present to and uninterrupted in my interactions with God and others.
26. **Visio Divina:** to worship God in the beauty of created things.
27. **Waiting:** to patiently trust in God's goodness and timing in the events and relationships of my life.
28. **Welcoming Prayer:** to welcome Jesus into every part of my life, body, circumstances, and relationships.