



## **Six Ways to Help an Anxious Person**

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### **Introduction**

Anxiety speaks from the heart as a prophet proclaiming half-truths.

### **Six ways to help**

1. “What’s going on with me?”  
Identifying your experience of real vulnerability and aloneness
2. “Who’s here with me?”  
Considering the whole truth and your reasons for trust
3. “What’s pressing in on me?”  
Naming your specific troubles
4. “What’s hijacking my heart?”  
Understanding your forgetfulness and distraction
5. Have the honest conversation.  
Asking, seeking, and knocking on a door that God willingly opens to you
6. Do what needs doing today.  
Giving yourself to the small obediences that matter