



336 Oakwood Avenue

Orange, NJ

Rev. Melvin E. Wilson, Pastor/Teacher

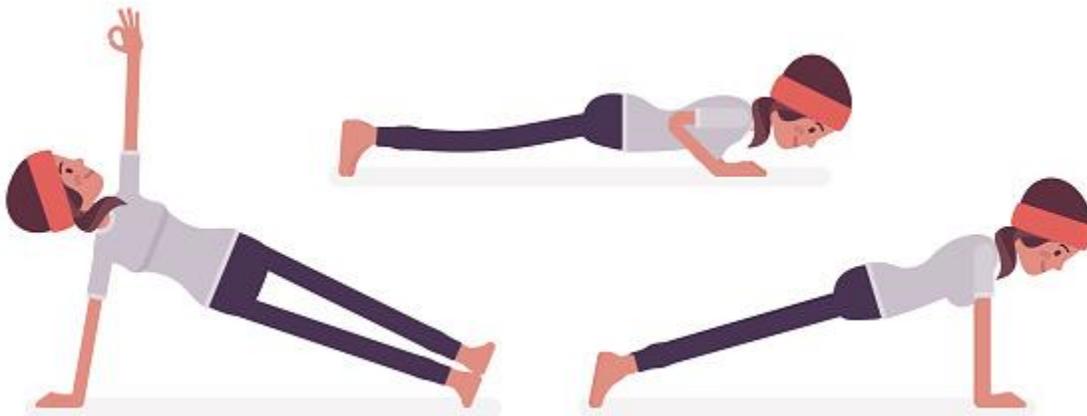
Email: [pastorwilson@stmatthewame.org](mailto:pastorwilson@stmatthewame.org)

Cell: (914) 562-6331

### *Bible Study*

## **The Importance of and Lessons from Pushing & Pressing**

### **Lesson 2: Pushing & Pressing Through Anxiety**



Tuesday, September 27, 2022

6:30 p.m. Online

Rev. Dr. Ho-Shing-Scott  
Ministerial Chief of Staff

## I. What is...

### a. The difference between pushing and pressing?

**Push** = Using force to move something in a direction with **NO opposing force** behind it, (e.g., pushing a car off the road).

**Press** = Using force to move something in a direction **WITH an opposing force** behind it. (e.g. pressing a button) Unless it is subject to change if you use press as in the "to pressure someone" to do something.

## BENCH PRESS VS PUSH UPS



Physics: They both involve **applying a physical force to move something**. **Push** tends to mean moving something, so it is further **away from you**. **Press** tends to mean either moving something **closer/more firmly against another** object or **compressing/flattening it**.

Cambridge dictionary

**Push:** to move forcefully, especially in order to cause someone or something that is in your way to move, so that you can go **through or past them.**

**Press:** to push something firmly, often without causing it to move permanently further away from you.

b. Anxiety?

An uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future.

**Health anxiety:** a state in which a person worries a lot about their health without having a good reason to do so.

**Separation anxiety:** fear or worry that a person, especially a young child, feels about being separated from a parent or other person that he or she has a close relationship to, or a similar feeling experienced by animals.

**Anxiety disorder:** a mental illness in which a person is so anxious that their normal life is affected.

**Panic Attack:** a sudden period of severe anxiety in which a person's heart beats fast, they have trouble breathing, and they feel as if something very bad is going to happen.

## **II. Focal Texts**

### **Philippians 3:10-14**

10 I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, 11 and so, somehow, attaining to the resurrection from the dead.

12 Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. 13 Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

### **Philippians 4: 6-7**

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.

## **III. What we Learn from these texts**

- a. We are pushing and pressing for a prize
- b. What to do before we push and press
- c. How anxiety should be approached
- d. How to push and press through anxiety
- e. What we gain after pushing and pressing through anxiety

## **IV. Bible verses to Calm Anxiety**

Psalm 16:11

Psalm 46:10

Luke 12: 22-24