



## **Move Your Career 4word: How to Flip the Script on Anxiety and Fear**

By Marion Medina

*“May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer.” – Psalm 19:14*

### **“Did God really say...” – Satan, Genesis 3:1**

It's the oldest trick in the book. When Satan set out to disrupt the perfect harmony between God and humans, he aimed right at human identity. If he could get humans to doubt God's perfect design, he could get them to doubt God altogether. And loss of confidence in the Creator leaves the creature floundering around in a sea of insecurity.

Unless you suffer from narcissism, you are periodically bombarded with negative messages and thoughts about yourself. Some of these are old tapes that became imprinted on your mind in childhood, and some are the result of more recent failures and experiences at work and in other settings. But regardless of the source material, these repeated missives are forming patterns in your brain that are shaping the way you experience the world.

A 2020 article in Psychology Today put it this way, “Your thoughts, if you think them over and over, and assign truth to them, become beliefs. Beliefs create a cognitive lens through which you interpret the events of your world and this lens serves as a selective filter through which you sift the environment for evidence that matches up with what you believe to be true (How Thinking Shapes Your Reality, September 27, 2020).”

Patterns of negative thought lead to fear and anxiety as we consciously or unconsciously rehearse our traumas, shortcomings, and failures, and it's no easy task to flip the script. But it is possible. Freedom from fear and anxiety can propel us forward in work and in every other aspect of life, and the first step toward freedom takes us right back to the beginning.

### **“Who told you that...?” - God, Genesis 3:11**

After the rebellion of Adam and Eve in the Genesis narrative, God asks two questions. The first is “Where are you?” to which Adam replies, *“I heard you walking in the garden, so I hid. I was afraid because I was naked.”* The humans had become aware of their vulnerability and fear entered the human experience.

The second question God asks is “Who told you that...?” The answer to this question is **step one** in flipping the script on fear and anxiety.

The only one who can tell you who you truly are is your Creator - if the messages in your head come from any other source, they are lies. To disrupt negative thought patterns, you need to first notice the thoughts and determine the source.

When the Holy Spirit points out a way in which we have fallen short of God's standard, it is for the purpose of repentance and restoration. The thought may bring sadness that we missed the mark, but that sadness will lead us right back to God.



Paul, writing to the church at Corinth explained it this way: “...the kind of sorrow God wants us to experience [when we recognize that we have sinned] leads us away from sin and results in salvation. There’s no regret for that kind of sorrow.” – 2 Corinthians 7:10

But when a thought chips away at our confidence and leaves us wallowing in shame and regret, that thought is not from God. Ignoring the thought won’t make it go away, in fact, attempts at ignoring the thought will just make it stronger. To flip the script, we have to notice the thought and call it what it is: a lie.

**“Let God transform you into a new person by changing the way you think.” Paul, Romans 12:2.**

**Step two** for flipping the script is replacing the negative thought with something true. The Scriptures are full of God’s affirmations of you. God knew you before you were born, and God loves you extravagantly. You are fully known by God, gifted by God, and called by God to do good things in your workplace and in the world.

Repeating affirmations may seem a little odd at first, but words contain creative power, and God’s words about you can reshape the contours of your mind and lead you to courage and peace as your confidence in God is restored and your true identity is revealed. And you can accelerate the transformation of your mind by not only speaking God’s affirmations but by using your spiritual imagination to “see” yourself as God sees you. Because of Jesus, God sees you as you were created to be, perfect and without fault. You are God’s masterpiece, so visualize yourself as such.

**Repeat the process and fan the flames.**

Paul, writing to his young mentee Timothy said, “I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you. For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.” – 2 Timothy 1:6

Over time when we repeatedly acknowledge negative thoughts and replace them with God’s truths, our beliefs begin to change, and our experience of life and the world takes on new positive meaning. **Step three** for flipping the script on fear and anxiety is repetition. This is not an instant fix, but because of the grace and power of God, you will most likely notice changes in your attitude and outlook in a short period of time if you are diligent about repeating the steps. The key is perseverance and consistency.

It helps to gather a list of God’s affirmations about you and review them every day. Choose a couple to memorize so you can easily access them when you feel fearful or anxious. These emotions are signals that negative thoughts are attempting to derail you, and God’s affirmations can literally stop them in their tracks. Try turning these affirmations into prayers as you acknowledge God’s thoughts about you. Keep on flipping the script and just see what God will do.



You can find lists of God's affirmations about you on the internet, but here are a few to get you started:

**I am God's masterpiece.**

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago." – Ephesians 2:10

**I am chosen by God to shine God's light in the world.**

"...you are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light." 1 Peter 2:9

**I am holy and blameless.**

[God] has reconciled you to himself through the death of Christ in his physical body. As a result, he has brought you into his own presence, and you are holy and blameless as you stand before him without a single fault." - Colossians 1:22

**I am a child of God.**

"See how very much our Father loves us, for he calls us his children, and that is what we are!" - 1 John 3:1

"For you are all children of God through faith in Christ Jesus." – Galatians 3:26

**I belong to God and God is with me.**

"...the LORD who created you says, "Do not be afraid—I will save you. I have called you by name—you are mine." - Isaiah 43:1

"Don't be afraid, for I am with you.

Don't be discouraged, for I am your God.

I will strengthen you and help you.

I will hold you up with my victorious right hand." Isaiah 41:10

**I am consistently becoming like Jesus.**

"...whenever someone turns to the Lord, the veil is taken away. For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom. So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image." – 2 Corinthians 3:16-18

**Discussion Questions**

1. What do you think about the idea that patterns of negative thought become beliefs that shape the way we experience the world?
2. What percentage of your thoughts about yourself do you estimate come from God? What percentage of your thoughts are probably lies?
3. How do you feel about the idea of speaking God's truths about you to yourself? Have you ever tried this? What was the result?
4. How might your attitude and effectiveness at work change if you were to follow the three steps and flip the script on fear and anxiety?



5. What is God prompting you to do to flip the script, and how do you plan to get started?



Marion is the Director of Programs for 4word.

Marion served in pastoral ministry for 17 years at three local churches including, most recently, Willow Creek Community Church. During her church ministry, she incorporated her organizational development skills with her practical knowledge of effective discipleship to create growth strategies that focused on the equipping and mobilization of congregations on the mission of Jesus. She holds degrees from Trinity International University and Wheaton College in Organizational Leadership and Missional Church Movement.



**4word** is a global community of Christian women in the workplace. Our mission is to help women in the workplace reach their God-given potential with confidence.

### **Why 4word?**

At 4word, we know you want to reach your God-given potential so you can have a Kingdom impact on your workplace and the world. To do that, you need resources for professional and spiritual growth - and a community of like-minded women to cheer you on!

The problem is your time is limited and meaningful connections are hard to find. This can leave you feeling overwhelmed, frustrated, and isolated on your life's journey.

**We believe you shouldn't have to navigate work, life and faith on your own because God designed you for community. You are worthy to be surrounded by loving and supportive women who "get you."**

**We understand you face unique challenges as a Christian woman in the workplace, which is** why we create easy-access opportunities for leadership development, spiritual growth, and connections to influential women around the globe.

### **Our Simple Empowerment Plan:**

- Connect to a community – We offer virtual and in-person Community Groups specifically designed for working women – and we also have special groups for executive women.
- Access relevant content – 4word's podcast, blog, and our Community Group Discussion Guides are specifically geared to women in the workplace to help thrive on your journey.
- Get matched with a mentor – From our pool of over 220 amazing mentors we connect you with the right fit for a transformational mentoring experience through 4word's Mentor Program

**Join the Journey** to empower 10 million Christian women in the workplace to change the world by 2030. Scan the QR code below to learn more.



## Upcoming

**Mentor Program- Deadline for the summer Mentor Program is May 10<sup>th</sup>. Click the photo to learn more.**



## HundredX Campaign April 8- May 7

### HundredX:

Our HundredX campaign will run from **April 8 to May 7**.  
Share the below during your gatherings to have everyone sign up and start giving feedback.

**Give Without Spending This Month!**





**How it works:**

1. Text "FEEDBACK" to 90412 to sign up or use the QR code
2. Choose companies and give your opinion (up to \$1.60 per quality opinion)
3. Create up to \$120 of impact (75 opinions max)

**hundredx**

\*Message and data rates may apply. By texting "90412" you agree to receive SMS messages from HundredX Causes (HXC). Even though HXC makes no sales to you, the law requires HXC to disclose that your consent is not a condition of purchase.

## June Discussion- Self Awareness Increasing your EQ