



WSBM 303 FEAR AND ANXIETY

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Thursdays 7 – 9 PM

Fall 2022

Pastoral Care Course (Alternating)

2 credit hours

Room: **TBD**

WSBM exists to equip Willingdon Church – head, heart and hands – to be more biblically literate and to serve more effectively in church and related ministry.

I. Special Notes

Alternating Course: This course is being offered in an alternating course format. Classes on **Oct 13** and **Dec 1** will be **in person**. On *other* evenings, classes will be *online* via Zoom.

Due to the conversational (and personal) nature of this course, there will be **NO live streaming option or even class recordings.**

II. Course Description

This course explains fear and anxiety—their origins, causes and effects. It also explores their theological relevance and the approach of psychology to mental disorders, and offers the practical tools to deal with these emotions in a biblical way.

III. Course Objectives

Upon the successful completion of the course, Credit Students should have learned how to...

1. evaluate the biblical perspective of fear and anxiety and the secular understanding.
2. handle emotions in a godly way and help others in situations of fear and anxiety.
3. become a lifelong student of the Word of God understanding the resources available in the Bible for dealing with difficult emotions.

IV. REQUIRED Text

- Welch, Edward T. *Running Scared: Fear, Worry, and the God of Rest*. New Growth Press. 2007.

V. Course Outline

- **Session One: “Understanding what Anxiety is”**
We will explore the differences between stress and anxiety, and the anxiety symptoms. We will also learn anxiety is a natural human emotion and how to understand and deal with it from a biblical perspective.
- **Session Two: “Way we respond to Anxiety”**
We will study how we respond to anxiety in sinful ways (our way), and how we should respond to it in a biblical manner (in obedience to God).
- **Session Three: “Anxiety and our Thoughts”**
We will learn about the vicious cycle of thoughts feeding anxiety and anxiety feeding our thoughts. We will appreciate the importance of renewing our understanding, focusing on the present moment, as we remain immersed in Scriptures.
- **Session Four: “Anxiety and our Past”**
We will discuss how our past experiences can generate anxiety. We

will analyse how psychology interprets and treats anxiety disorders and the importance of God's sovereignty.

- **Session Five: "How anxiety is related to poor relationships, drugs, and alcohol abuse"**

We will study how complicated relationships can generate anxiety, the importance of living peacefully with all, and the consequences of using drugs, alcohol abuse, and losing self control.

- **Session Six: "How anxiety relates to bad decisions and finances"**

We will explore some of the consequences of decisions that are not based on God's Word, and the importance of living in obedience to Him. We will discuss how consumerism and society lead us to always wanting more and this generates anxiety through our finances.

- **Session Seven: "Anxiety and people"**

We will consider how people look to men instead of looking to God in order to resolve their issues, and how we must learn to lean on the Lord. We will also understand how people (including ourselves) can generate anxiety in other people.

- **Session Eight: "Anxiety, pain, death and prayer"**

We will discuss the natural fear of death and pain. We will also see the importance of prayer and asking God's will to be done in our lives.

VI. Course Requirements (for Credit Students)

ASSIGNMENT 1: PARTICIPATION REQUIREMENT (30%)

Students must write a one-page double-spaced abstract for each required text as described under *Abstract Content* and *Abstract Format* below.

Abstract Content

1. Begin *each* abstract with the bibliographic citation for the text. The citation serves as the abstract title.
2. Beneath the citation write a one-page double-spaced abstract in normal font that describes in the following order:
 - Key concepts in the book;
 - Strengths and weaknesses of the text; and
 - Issues or concerns raised for the student in relationship to life, work, or ministry.

Abstract Format

The following is an example of the format for each abstract. The body of the abstract should be flush with the left margin with indented paragraphs. Please **bold the whole citation to serve as the title**, but don't bold the abstract text.

AuthorSurname, FirstName. Year. *Title of the Book in Italics.* City, State: Publisher.

The citation for the text serves as the title and appears in bold, single-spaced, flush left for all lines of the citation. The one-page abstract begins below the title but is double-spaced and in normal font. Use one inch margins on all sides of your paper.

In the abstract text describe the key concepts in the book, strengths and weaknesses of the text, and issues or concerns raised for you in relationship to life, work, or ministry.

ASSIGNMENT 2: PERSONAL RESPONSE (35%)

Respond to the personal weekly questionnaire provided at the end of each class and submit your work before the following class.

ASSIGNMENT 3: CASE STUDY (35%)

Carefully read “Case Study #1” in the course resources. As you do, take notes on the following:

1. indications of heart issues that will need to be addressed,
2. indications of relational issues that will need to be addressed,
3. indications of physical issues that might need medical attention,
4. clarifying questions you would like to ask your friend (as you would ask them), or
5. potential problems you might face as you help your friend,
6. biblical counsel you advise your friend based on God’s Word (give Biblical reference).

As you address these issues take note of suggested passages of Scripture (pick **2** that are especially significant) that could be used for the different issues in your friend’s life, including a write up of *how you would explain the meaning, relevance, and application of each reference to your friend*. In selecting the passages, consider how you would offer hope and how you would address other specific issues associated with fear and anxiety.

Submit your work for this assignment at the end of the course. The submission should be **1200 words** (5 pages).

VII. Academic Policies

1. Course Attendance

Students are expected to attend all the scheduled classes. If, for some reason, students need to miss classes, they will need to contact the instructor ahead of time. Students will be required to catch up on missed classes by listening to the recording. Students are responsible to obtain any missing materials or notes from other students in the class. Arrangements must be made with the instructor prior to missing an exam.

2. Classroom Etiquette

Students are expected to remember that they are in an academic classroom. It is inappropriate to engage in conversations with classmates during class. Cell phones must be turned off. iPods/Tablets/Smart phones are permitted if Bible software and word-processing programs are being used. Otherwise, please do not surf the net or check emails during class. Only students who have registered for a course are to be in attendance. The only exception is an "approved audit." If the class is conducted via Zoom, students should turn the video on unless there is a good reason not to.

3. Assignment Format (Citation & Style)

The default format for documentation of sources used and format of presentation for all the papers is *MLA Style*. The format guide is available at Willingdon.org/wsbn.

4. Late Assignments

Without the extension that has been granted already by the instructor, late assignments are subject to reduced grades. The work that is submitted late (from the *time* it was due) will receive a 5% reduction in grades. There will be an additional 5% reduction for every 24 hour period that follows (including the weekend).

Assignments submitted one week after their due dates will *not* be accepted (unless, again, extensions have been approved already by the instructor).

5. Extension Policy

The deadline for an assignment is considered to be part of the course requirements. Due to the additional workload for the instructor in grading late papers, and due to the school's intention to be fair to students who, often with considerable effort, submit their work on time, extensions for

course work will be considered only in exceptional circumstances. A written request with reasons for extension should be directed to the instructor. If granted, the extension deadlines will be clearly established and will be final.

Extensions for course work are granted in cases where the student demonstrates there was an unforeseeable and unavoidable emergency. Emergencies considered as grounds for an extension typically include:

- Personal sickness or injury which prevents one from working
- Sickness, injury or death in the family which requires the student's attention
- Emotional or psychological crisis for which the student has sought professional help
- Unexpected increase in job responsibilities

6. Academic Integrity

All students at WSBM are expected to hold to *uncompromised* academic integrity.

Plagiarism, whether intended or accidental, is an academic offense. In academic work, students are certainly expected to refer to and evaluate other people's works. Plagiarism unfortunately occurs when students' assignments fail to give credit to those from whom the students got certain *ideas*. In other words, students submitted the idea of another without reference to him/her (effectively claiming the credit that is due someone else and getting a grade for someone else's effort).

Therefore, whether students (1) *directly quotes* a source (i.e., "word for word" in its entirety or in its part), or (2) *paraphrase in their own words* the idea of another, they must keep track and provide a *clear reference* to the original source that they are indebted to (e.g., via footnotes).

Again, whether it was intended or not, plagiarism is a serious academic offense. Students are therefore expected to develop and exercise *proper citation*, a skill that is truly critical in academic work (please refer to the format guide at Willingdon.org/wsbm).

Using unauthorized aids of any sort in exams or assignments, completing work in unauthorized collaboration with others, or the unauthorized use of class recordings are all breaches of academic integrity.

The penalty for a lack of academic integrity may include a failing grade either in the assignment, examination or course, depending on the severity of the offense.

7. Academic Standards

Students must achieve at least a 60% grade to successfully complete a course. In order to graduate with the Certificate, any course taken and not completed must be repeated. Registration policies and procedures apply.

Students may appeal to the instructor if a course is not successfully completed, and at the discretion of the instructor, students may be granted the opportunity to re-submit a particular assignment.

8. Report Cards

Report cards are issued (usually by email) in a reasonable amount of time following the completion of each course. Due to faculty schedules, there may be delays in the time frame for issuing grade reports.

Students are responsible to appeal any error in grades and to bring to the WSBM Administrative Assistant's attention within one month following the issued report card. Grade changes are allowable for computational recording errors and must be corrected no later than one month after the date the report card was issued.