



The Anxious Christian: Can God Use Your Anxiety for Good?

By Rhett Smith

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Is anxiety “un-Christian”?

Many Christians believe the answer to this question is yes! Understandably, then, many Christians feel shame when they are anxious. They especially feel this shame when well-intentioned fellow believers dismiss or devalue anxiety with Christian platitudes and Bible verses.

Rhett Smith, Licensed Marriage and Family Therapist, helps us understand anxiety in a new way. **Rhett argues that, rather than being destructive or shameful, anxiety can be a catalyst for our spiritual growth.** Using Biblical thinking and personal examples, Rhett explains how anxiety allows us to face our resistance and fears, understand where those fears come from, and then make intentional decisions about issues such as career, marriage, money, and our spiritual lives.

Allow this book to challenge your view of anxiety, and allow God to use your anxiety for good.

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The Anxious Christian: Can God Use Your Anxiety for Good? By Rhett Smith Bibliography

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Editorial Review

Review

I loved this book. I often read something and think, this will be helpful to many, but I can't think of anyone who would not be helped by reading Rhett's book. It made me smile to see once more how God tucks the best news inside the most unusual boxes if we have the courage to open them.

Sheila Walsh, author of *God Loves Broken People and Those Who Pretend They're Not*

Rhett Smith asks Christians to stop and take seriously how God is using anxiety in their life. Rhett's an extraordinarily able pastor and counselor, and his surprising new take on the anxious Christian should be in the hands of every "3 AMer" out there.

Hugh Hewitt, nationally syndicated talk show host and author

For the first time, I see my anxiety as something to press into rather than run from. *The Anxious Christian* bears the same gifts as many of my favorite books: an earnest voice, a fresh perspective, and an invitation to begin a journey.

Scott McClellan, writer, editor, and director of the ECHO Conference

In these pages, the reader will read a truthful and vulnerable account of how the author has the courage and presence to use anxiety to point himself and his relationships toward the effort to change his own identity and patterns. Read slowly and re-read-you will be rewarded with wisdom that has a practical application of change in your journey of life.

Dr. Terry Hargrave, author and professor of Marriage and Family Therapy at Fuller Seminary

An important and timely book. If there's an emotion that could define our post-modern world I believe it would be anxiety. Rhett helps disarm the power we often give anxiety by explaining how it can actually have purpose in the Christian life in that it is potentially a pathway for growth.

Jason Ingram, GRAMMY nominated songwriter, worship leader

Rhett's personal story is profoundly honest-vulnerable, agonizing, and joyful. He will not settle for the quick fixes of pop psychology or the veneer of superficial Christianity. In reading *The Anxious Christian* you will find yourself plunged into the heart of anxiety, and in the deep waters of God's healing grace.

Adam S. McHugh, author of *Introverts in the Church: Finding Our Place in an Extroverted Culture*

In *The Anxious Christian*, Rhett Smith brings an honest, vulnerable, and refreshing view to anxiety and faith.

R.O. Smith, co-director of Youth Discipleship at Bel Air Presbyterian Church in Los Angeles

Rhett's writing is thoughtful, authentic, and relatable. Rhett gently challenges the stereotypes that most Christians have about anxiety and leads us into the redemptive freedom of choice that we have been given. His unique perspective is restorative and hopeful.

Mindy Coates Smith, D.Min., part-time instructor at Fuller Theological Seminary, and co-director of Youth Discipleship at Bel Air Presbyterian Church in Los Angeles

From the Inside Flap

Foreword by Jon Acuff, *Quitter and Start*

Sheila Walsh, *God Loves Broken People and Those Who Pretend They're Not*

I loved this book. I often read something and think, this will be helpful to many, but I can't think of anyone who would not be helped by reading Rhett's book. It made me smile to see once more how God tucks the best news inside the most unusual boxes if we have the courage to open them."

Hugh Hewitt, *Nationally Syndicated Talk Show Host and Author*

"Rhett Smith asks Christians to stop and take seriously how God is using anxiety in their life. Rhett's an extraordinary able pastor and counselor, and his surprising new take on the anxious Christian should be in the hands of every '3 AMer' out there."

Scott McClellan, *Tell Me a Story*

"For the first time, I see my anxiety as something to press into rather than run from. The Anxious Christian bears the same gifts as many of my favorite books: an earnest voice, a fresh perspective, and an invitation to begin a journey."

Terry Hargrave, *Author, Professor of Marriage and Family Therapy at Fuller Seminary*

"In these pages, the reader will read a truthful and vulnerable account of how the author has courage and presence to use anxiety to point himself and his relationships toward the effort to change his own identity and patterns. Read slowly and re-read--you will be rewarded with wisdom that has a practical application of change in your journey of life.

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Christians have about anxiety and leads us into the redemptive freedom of choice that we have been given. His unique perspective is restorative and hopeful.

From the Back Cover

So ... Many ... Choices ... Can't ... Make ... The ... Wrong ... One ... We all have those particular moments that produce a certain amount of anxiety (AKA stress, worry, angst). All too often this anxiety is looked upon as a sinful or, at least, an "unchristian" feeling to have. Instead, read on to see how anxiety can actually be helpful in our spiritual formation, and where God might use anxiety as a catalyst to move us forward. We are then able to face our resistance and fears, understand where those fears come from, and then make intentional choices about important issues such as career, marriage, money, and our spiritual lives. It's time to get unstuck.

Sheila Walsh, *God Loves Broken People and Those Who Pretend They're Not*

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RHETT SMITH is a Licensed Marriage and Family Therapist in private practice in Plano, TX, and also serves on staff as a therapist at The Hideaway Experience in Amarillo, Texas, helping couples restore their marriages. He is a graduate of Fuller Theological Seminary (MDIV, MSMFT). Rhett lives in McKinney, Texas, with his wife, Heather, and their two children. You can find out more about Rhett at rhettsmith.com

Users Review

From reader reviews:

Madeline Wayt:

The book *The Anxious Christian: Can God Use Your Anxiety for Good?* make one feel enjoy for your spare time. You need to use to make your capable more increase. Book can being your best friend when you getting tension or having big problem with the subject. If you can make reading through a book *The Anxious Christian: Can God Use Your Anxiety for Good?* for being your habit, you can get considerably more advantages, like add your personal capable, increase your knowledge about a few or all subjects. You could know everything if you like open and read a e-book *The Anxious Christian: Can God Use Your Anxiety for Good?*. Kinds of book are a lot of. It means that, science e-book or encyclopedia or other folks. So , how do you think about this guide?

Josephine Lowe:

The feeling that you get from *The Anxious Christian: Can God Use Your Anxiety for Good?* may be the more deep you rooting the information that hide inside the words the more you get serious about reading it. It does not mean that this book is hard to comprehend but *The Anxious Christian: Can God Use Your Anxiety for Good?* giving you thrill feeling of reading. The article author conveys their point in selected way that can be understood through anyone who read it because the author of this publication is well-known enough. This book also makes your personal vocabulary increase well. That makes it easy to understand then can go along with you, both in printed or e-book style are available. We propose you for having this *The Anxious Christian: Can God Use Your Anxiety for Good?* instantly.

Robert Hatch:

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Wilda Baeza:

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