



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

- Sales Rank: #151037 in eBooks
- Published on: 2012-03-01
- Released on: 2012-03-01
- Format: Kindle eBook



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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."

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"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:

Michael Moore:

This book untitled *The Anxious Christian: Can God Use Your Anxiety for Good?* to be one of several books which best seller in this year, here is because when you read this book you can get a lot of benefit into it. You will easily to buy this book in the book shop or you can order it via online. The publisher in this book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Touch screen phone. So there is no reason to you to past this guide from your list.

Jackson Ponce:

The particular book *The Anxious Christian: Can God Use Your Anxiety for Good?* has a lot of knowledge on it. So when you make sure to read this book you can get a lot of benefit. The book was published by the very famous author. This articles author makes some research previous to write this book. This book very

easy to read you will get the point easily after perusing this book.

Terri Root:

Your reading sixth sense will not betray an individual, why because this The Anxious Christian: Can God Use Your Anxiety for Good? e-book written by well-known writer whose to say well how to make book which can be understand by anyone who also read the book. Written throughout good manner for you, leaking every ideas and producing skill only for eliminate your personal hunger then you still question The Anxious Christian: Can God Use Your Anxiety for Good? as good book not merely by the cover but also by the content. This is one e-book that can break don't evaluate book by its deal with, so do you still needing a different sixth sense to pick this specific!? Oh come on your reading sixth sense already alerted you so why you have to listening to another sixth sense.

Virginia Kang:

Many people said that they feel bored when they reading a reserve. They are directly felt it when they get a half parts of the book. You can choose the actual book The Anxious Christian: Can God Use Your Anxiety for Good? to make your own personal reading is interesting. Your skill of reading skill is developing when you such as reading. Try to choose simple book to make you enjoy to learn it and mingle the feeling about book and examining especially. It is to be 1st opinion for you to like to open up a book and examine it. Beside that the book The Anxious Christian: Can God Use Your Anxiety for Good? can to be a newly purchased friend when you're feel alone and confuse with the information must you're doing of these time.

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