THE WAY

TERM 1 | THE WAY NEWSLETTER | FRIDAY 27 FEBRUARY 2026



FROM THE CHAPLAIN

I attended the Parent Seminar on anxiety by Dr Justin Coulson. I really appreciated both the seminar and the science Justin brought to the topic. He shared so many helpful insights that my wrist was sore from taking notes! Here are some key ideas that stood out to me:

- - Anxiety is normal. It is usually short-lived and part of the natural process of handling stress and building resilience.
- - Avoidance feeds anxiety, while action erodes it.
- - Growth does not happen in the comfort zone.
- - Control the controllables.

Since the seminar, I have been reflecting on what the Bible says about anxiety. One passage that came to mind was:

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
- Philippians 4:6–7

This passage commands us not to be anxious. It also presents prayer as an alternative to anxiety. But what does that mean in practice? Should anxious people simply pray and expect everything to be alright? Is this at odds with modern psychology?

We know that all truth is God's truth. Therefore, sound scientific findings will ultimately align with

Copyright Thomas Hassall Anglican College. All Rights Reserved. 125 Kingsford Smith Ave, Middleton Grange NSW 2171

God’s Word.

Justin taught that anxiety aims to keep our future selves safe, which is not a bad goal. The problem is that anxiety speaks as though we control the future, and we do not.

In this light, prayer truly is central to addressing anxiety. Prayer is the act of handing the future to God, trusting that he is Lord over both good and hardship and that he uses all things to shape us (Romans 8:28). At the same time, prayers of faith are lived out through acts of faith.

Christians, therefore, do not avoid life; we step into it under the lordship of Jesus. We take responsibility for what we can control (self-control) and entrust what we cannot control to the Lord. The science of this seminar really unpacked some of the action we can take as Christians

Anxiety is tough. If it were not, Scripture would not address it so directly. Anxiety wants to rule your future. It promises safety but often delivers a prison. Take the crown off anxiety and return it to Jesus, the one who gives life in all its fullness.

Reverend Denis Oliver
College Chaplain

Copyright Thomas Hassall Anglican College. All Rights Reserved. 125 Kingsford Smith Ave, Middleton Grange NSW 2171