

Anxiety Week Three Notes

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Anxiety is rooted in lies fed by our own arrogance.

Peace is rooted in truth obtained by our humility.

- The issue of anxiety deals with both our **belief system** and **behavior**.
- Think through and fight the battle beforehand so we have strategies to combat our anxiety in the moment.
- Recognize that our anxious thoughts are rooted in lies partnered with our own arrogance. Instead, we need to humble ourselves to release our pride and let God manage and control our expectations.
- We need to be able to examine our own souls, especially our emotions, and start operating in truth rather than feeling. Just because something is felt or thought does not mean that it is right. We will have a certain amount of intrusive thoughts in our lives, and our job is to **take them captive** and battle them with the **truths of Scripture**. We must evaluate our unhealthy self-talk and change what we tell ourselves on a regular basis—we have to intentionally and consistently replace our self-talk with truth.
- We have to release our aspirations and expectations of our future, recognizing that as we move and act on what we are responsible for, God is in control and we can trust him.
- We are wasting our time if we spend it finding our value in the acceptance of people; not only will it be empty and always fail us, but no one cares.
- **Practical steps** to change our behavior and help combat anxiety on a regular basis:
 - » Eating well
 - » Sleeping
 - » Recreation (not escape)
 - » Exercise
 - » Breathing/Meditation
 - » Carving out time alone with God every day
 - » Community (our biblical community is not just our friends; it is more importantly the challenging community that can tell us the hard things we need to hear)
 - » Professional help
- We each have a certain amount of capacity to handle the circumstances that life throws at us. Each person needs to discover where their “line” is. Ideally, we would live slightly below the line to make sure we can handle additional stress when our lives do go above the line.
- **Learn to trust God with a scary world that is not in our control.** If you can trust God with your soul, you can trust him with your life.