

HOLY SPIRIT WORKS BY INVITATION

BISHOP RC BLAKES, JR.

LESSON 3 - OVERCOMING ANXIETY WITH HIS PRESENCE

We have talked about giving the Holy Spirit the keys to our lives, and we've talked about inviting Him into our emotional regulation and our sleep. But what happens when anxiety hits us like a freight train?

Anxiety is the epidemic of our time. It paralyzes our faith and clouds our personal potential. If we just tell ourselves to "pray more" without understanding how the Holy Spirit actively helps us in an anxious moment, we end up frustrated. Anxiety is fundamentally about control—trying to figure out a future we cannot see. Since the Holy Spirit honors our boundaries, if we insist on holding onto the control, He will let us hold it. But when we invite Him in, He changes the very atmosphere of our minds.

1. EVICTING THE "WHAT-IFS" BY INVITING THE "WHO"

Anxiety lives in the land of "what if" What if this falls apart? What if I fail? What if my family struggles?

Anxiety pulls us into a future that hasn't happened yet and forces us to fight battles that don't actually exist. The Holy Spirit, on the other hand, lives in the present.

Quote: "Worry does not empty tomorrow of its sorrow, it empties today of its strength." — Corrie ten Boom

When anxiety starts crowding your mind with worst-case scenarios, you cannot just tell yourself to "stop worrying." Instead, you have to replace the "what if" with a "Who." You stop in that exact moment and say, "Holy Spirit, I am spiraling. I invite You into this thought process. Remind me of what is true right now." He is the Spirit of Truth. When you invite Him in, He begins to evict the lies of anxiety and

replaces them with the reality of God's promises.

John 14:16-17, 27 NIV

And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth... Peace I leave with you; my peace I give you.

2. THE SPIRIT OF A SOUND MIND VS. THE SPIRIT OF FEAR

We need to understand that overwhelming, paralyzing anxiety is not just a biological reaction; it is a spiritual attack on your potential. The enemy uses anxiety to keep you frozen, second-guessing your calling, and doubting your worth. But the Holy Spirit is the ultimate counter-attack. Paul tells us that God didn't give us a spirit that makes us timid or fearful. He gave us the Holy Spirit, who brings power, love, and a sound mind. A sound mind is a regulated mind. It's a mind that is clear, focused, and steady.

Quote: "The presence of anxiety is unavoidable, but the prison of anxiety is optional." — Max Lucado

But again, this requires an invitation. When the spirit of fear tries to take over your day, you have to consciously authorize the Holy Spirit to take jurisdiction. "Holy Spirit, I reject this panic. I invite Your power and Your sound mind to take the lead in my thoughts today."

2 Timothy 1:7 NIV

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Romans 8:6 NIV

The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

3. THE BREATH OF THE SPIRIT IN A PANIC

Let's get very practical. When you get hit with a wave of anxiety or a panic attack, what happens to your body? Your chest gets tight, and your breathing gets shallow. You feel like you can't catch your breath. It is a beautiful and intentional fact that in both Hebrew and Greek, the word for "Spirit" is the exact same word for "breath" or "wind." When you are in an anxious moment and you feel like you are suffocating under the pressure, the most spiritual thing you can do is stop, take a slow, deep breath, and issue an invitation. You exhale the panic, and you inhale the presence of God. You pray, "Holy Spirit, breathe on me. Fill my mind, fill my body, calm my nervous system." You invite the very Breath of God to regulate your physical and emotional state.

Job 33:4 NIV

The Spirit of God has made me; the breath of the Almighty gives me life.

John 20:22 NIV

And with that he breathed on them and said, Receive the Holy Spirit.

We do not have to live as victims of our own anxious thoughts. The Helper is here. The Comforter is present. The Spirit of Truth is waiting. But He will not force His peace upon you. He works by invitation.

Starting today, let your first response to fear be a simple, genuine invitation. Breathe in His presence, surrender the control, and step into the incredible potential and hope that God has destined for your life.