

DEALING WITH MY ANXIETY

How to Get Through What You're Going Through: Part 1

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"...May God bless you richly and grant you increasing freedom from all anxiety and fear." (1 Peter 1:2, TLB)

WHAT IS ANXIETY?

Synonyms: angst; apprehension; burden; concern; disabling doubt; distress; fear; nervous; overwhelmed; panic; stress; tension; troubled; worry.

Anxiety Disorder: Intense, excessive, and persistent worry and fear about everyday situations.

Anxiety is negative [MEDITATION](#).

WHAT ARE THE COMMON CAUSES OF ANXIETY?

1. WHEN MY TRUST IS [MISPLACED](#).

"Anxiety weighs down the heart..." (Proverbs 12:25, NIV)

2. WHEN MY THOUGHTS ARE [MISDIRECTED](#).

"I was overcome with anxiety. The more I thought, the more troubled I became;" (Psalm 39:3, TEV)

3. WHEN MY LIFESTYLE IS [MISALIGNED](#).

"I confess my sins; they fill me with anxiety." (Psalm 38:18, TEV)

4. WHEN MY [PACE](#) IS ROBBING MY PEACE.

"...all our busy rushing ends in nothing." (Psalm 39:6a, NLT)

"My desire is to have you free from all anxiety and distressing care." (1 Corinthians 7:32a, AMP)

HOW TO LOWER MY ANXIETY

Matthew 6:24-24

1. TRANSFER MY [TRUST](#).

“No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other...” (Matthew 6:24, NLT)

“Trust GOD from the bottom of your heart; don’t try to figure out everything on your own. Listen for GOD’s voice in everything you do, everywhere you go; he’s the one who will keep you on track. Don’t assume that you know it all. Run to GOD!” (Proverbs 3:5–7, The Message)

2. TURN MY WORRY INTO WORSHIP.

“That is why I tell you not to worry about everyday life...can all your worries add a single moment to your life?” (Matthew 6:25, 27, NLT)

“...Don’t worry or be afraid...Instead, you must worship Christ as Lord of your life. And if someone asks about your hope as a believer, always be ready to explain it.” (1 Peter 3:14–15, NLT)

3. ALIGN MY PRACTICES WITH GOD’S PRINCIPLES.

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.” (Matthew 6:33, NLT)

“The LORD and King is the Holy One of Israel. He says, “You will find peace and rest when you turn away from your sins and depend on me. You will receive the strength you need when you stay calm and trust in me...” (Isaiah 30:15, NIV)

4. LIVE ONE DAY AT A TIME.

“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” (Matthew 6:34, NLT)

The Lesson of the Manna: Exodus 16:18-20

ACTION STEP:
MEMORIZE THE SERENITY PRAYER