

WHEN YOU'RE AT YOUR BREAKING POINT

ANXIOUS FOR NOTHING: PART 1

February 28, 2021 | Bryan Lloyd

- July 2019—8.2% of adults showed signs of anxiety disorder.
- July 2020—36% of adults showed signs of anxiety disorder.

What do I do?

1. Talk to your FRIENDS.

They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." He took Peter, James and John along with him, and he began to be deeply distressed and troubled. (Mark 14:32-33, NIV)

He plunged into a sinkhole of dreadful agony. (Mark 14:33 MSG)

"My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch." (Mark 14:34 NIV)

GET IN A GROUP

2. Talk to your FATHER.

Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. "Abba, Father," he said, "everything is possible for you. Take this cup from me. ..." (Mark 14:35-36 NIV)

TAKE 2ND BASE

3. Talk to your FEELINGS.

"Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will." (Mark 14:36 NIV)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7 NIV)

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