



# Overcoming Anxiety

*Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God. Philippians 4:6*

**Anxiety is a word that we hear more often than we ever have. It tries to rob you of the goodness of what is happening now by overwhelming you with excessive worry of what may or may not happen. The pandemic shed new light on anxiety, but God has a remedy for that. He is not a God that does not understand our concerns. Nor is He a God that does not have power to overcome our fear of the future. Don't let your heart be troubled. God is in control. Apostle said it like this, "the God of eternity already had the answer before time even formed the question."**

## **Ask Yourself :**

What thoughts, situations, and/or people cause me to feel anxiety? Have I given those things to God to handle or am I trying to do it in my own strength? Have I prayed about it?

## **Affirmation:**

God is in control. Because He is in control, I do not have to fear the future. I partner with God to fulfill His will in the earth. My heart is not troubled but my mind is at ease because God knows my end.