

Breaking Point

2 Timothy 1:6-7 New King James Version

6 Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. 7 **For God has not given us a spirit of fear,** but of power and of love and of a sound mind.

Anxiety —
noun

a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

a mental condition characterized by excessive apprehensiveness about real or perceived threats

Anxiety's Antidote

Romans 12:2 New King James Version

2 And do not be conformed to this world, but be **transformed by the renewing of your mind**, that you may prove what is that good and acceptable and perfect will of God.

Proverbs 12:25 New International Version

25

Anxiety weighs down the heart,
but a kind word cheers it up.

Proverbs 12:25 New King James Version

25

Anxiety in the heart of man causes depression,
But a good word makes it glad.

Anxiety gets you down

You should get anxiety down

Yashchena — Don't think about it — remove it from your mind

Yasichena — Speak it out to others — talk about it

Don't think about it

Breaking Point



Ecclesiastes 7:29 Good News Translation

29 This is all that I have learned: God made us plain and simple, but we have made ourselves very complicated.

Exodus 14:14 English Standard Version

14 The Lord will fight for you, and **you have only to be silent.**”

Psalm 46:10 English Standard Version

10

“Be still, and know that I am God.

I will be exalted among the nations,
I will be exalted in the earth!”

The Enemy

The World

The Flesh

Philippians 4:8-9 English Standard Version

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, **think about these things**. 9 What you have learned and received and heard and seen in me—**practice these things**, and the God of peace will be with you.

Proverbs 23:7 King James Version

7 For as he thinketh in his heart, **so is he:**

Yashchena — Don't think about it — remove it from your mind

Yasichena — Speak it out to others — talk about it

Often times our imagination gets the best of us - we make it bigger and worse than it is.

An Average Person's Anxiety Is Focused On...

40% on things that will never happen:

30% on things about the past that can't be changed

12% on things about criticism by others, mostly untrue

10% about health, which gets worse with stress

8% about real problems that will be faced

Yashchena — Don't think about it — remove it from your mind

Yasichena — Speak it out to others — talk about it

Is it real ? True or False

Yashchena — Don't think about it — remove it from your mind

Defeat the enemy — Philippians 4:8–9

Yasichena — Speak it out to others — talk about it

Self —

Others —

God —

Matthew chapter 6

The Secret Place — vs. 1 - 19

Treasure in Heaven — vs. 19 - 24

Don't Worry — vs. 25 — 32

Seek the Kingdom — vs 33 - 34

Breaking Point

Don't Focus on Your Worries

One day John Wesley was walking with a troubled man who expressed his doubt as to the goodness of God. He said, "I do not know what I shall do with all this worry and trouble."

At the same moment Wesley saw a cow looking over a stone wall. "Do you know," asked Wesley, "why that cow is looking over the wall?"

"No," said the man who was worried.

Wesley said, "The cow is looking over the wall because she cannot see through it. That is what you must do with your wall of trouble—look over it and avoid it."