

THROAT PUNCH

Pt. 4: Anxiety

Questions for further study and application:

Day 1 Being anxious can lead to feelings of worry and fear, and the enemy is happy to use these feelings against you to keep you from God's best for you. Also, anxiety produces all kinds of physical side-effects. Symptoms range from headaches, sleep issues, dizziness, upset stomach, muscle tension, and even shortness of breath. No one wants to continuously live with those symptoms, so it's time to throat punch anxiety. Easier said than done, right? Read Philippians 4:6. The Bible tells you not to be anxious, but instead you should take your anxieties and worries to God. Stop carrying the weight of worry around, and this week, anytime those feelings begin to creep in, stop, pray, and give it to God.

Day 2 To overcome anxiety, the Bible teaches you to pray, petition, and give thanks to God. By shifting your anxiety to God, you are acknowledging that He is bigger than any problem you are facing. Whether it's your job, your family, your finances, or any other stressor in your life, God can carry that weight for you. You need only trust Him to do it. Read Psalm 84:12. God wants to bless you with the peace you need; He wants you to trust Him with everything. He wants you to pray about everything, even the little things that ignite your worry. Don't be afraid to ask for what you need. When you do it humbly, with gratitude, and with confidence; He will provide you with exactly what you need when you need it.

Day 3 One of the most practical ways to overcome anxiety is by shifting your thoughts to ones of thankfulness. Gratitude and anxiety cannot cohabitate. For each thing creating anxiety in your life, think of ten things to be thankful for. This action begins to shift your thoughts from negative to positive. Be intentional about looking for the good in your life. Read Philippians 4:8. Think about all of God's provisions in your life. Things like, your home, food to eat, clothes to wear, air conditioning, and a vehicle to get you to where you need to be. Think about skills and talents you have, someone in your life that makes you smile, or someone that inspires you. Make it a point to write down three things you are grateful for each day this week and read it any time you begin to worry or feel anxious.

Day 4 Read 1 Peter 5:7. Peter is telling you to cast or throw your anxiety onto God because He cares for you. He is willing and able to take on the burdens, concerns, and frustrations that are dragging you down. You can be assured that He cares because Jesus proved it on the cross. Read Luke 12:25. When anxiety tempts you to worry, make this your go to verse. Remind yourself that worry will never help, only hinder you. Pray it up, cast it off, and trust that God will work everything out for the best. Trust His love for you, and be obedient to how He is guiding you.

Day 5 Peace is the opposite of anxiety. Everyone seeks peace in their life. There's a longing for a sense of calm; the sense that everything is going to be alright. Read Philippians 4:6-7. Once you pray it up and cast it off, you have to leave it there. That is how you receive protection and peace from God. He wants to protect you from anxiety and worry, but you have to be willing to leave it with Him. This means once you give your anxieties, fears, and frustrations to God, you cannot pick them back up and revert back to a state of anxiety. You cannot experience His peace unless you completely trust Him to carry you through your anxieties. Just take a deep breath, and let it go.

What's New?

At Waters Edge, we believe that everybody needs a group! Groups are where you connect, care, and grow. You will meet new people, grow closer to God, and have fun! Every campus will have groups featured in the lobby on July 8; don't miss your chance to find your summer group.