

Overcoming Anxiety

Taylor Hayes – June 13, 2020

Matthew 6:25-33 - *"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well".*

1. Lie: God Does Not See

Matthew 10:29-30

Psalms 139:1-16

Truth: God Sees Me

2. Lie: God Does Not Care

Psalm 56: 8

1 Peter 5:7

Truth: God Does Care For Me

3. Lie: God Does Not Provide

Romans 11:35-36

Psalm 127:2

Isaiah 43:10-13

Truth: God Does Provide For Me

How do we overcome anxiety? We come forward to every battle in our minds ready to wage war with God's truth, over and over again

Ephesians 6:11-17 - *"Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood,*

but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God."

2 Corinthians 10:3-5 – *"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

Revelation 19:11-16