

EMOTIONS—2

FINDING RELIEF FROM ANXIETY

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

FINDING RELIEF FROM ANXIETY

1) TALK TO YOUR FRIENDS.

They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." ³³ *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

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. ³⁶ *"Abba, Father," he said, "everything is possible for you. Take this cup from me. ..."* Mark 14:35-36 NIV

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. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 NIV

TALK IT OVER

Consider times in your life when you made prayer a priority. Then, think about times when you didn't. How were those times in your life different?

Are there any feelings you think you have a hard time controlling? How might aligning your feelings with your faith change the way you live?

What are some ways you can lean on your friends, talk to your Father, or align your feelings with your faith this week?

Start the Emotions Bible Plan using Plans With Friends: www.go2.lc/emotions