

# OVERCOMING ANXIETY

Part One of Series: Emotional Rodeo

March 7<sup>th</sup> & 8<sup>th</sup>, 2020 Pastor Kerry Shook

Anxiety is wrestling for control.

JESUS VS. ANXIETY (Matthew 6:25-34)

1. Wrestling with anxiety is worthless.

*“... do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?” Matthew 6:25 (NIV)*

2. Wrestling with anxiety is a waste of time.

*“Who of you by worrying can add a single hour to his life?” Matthew 6:27 (NIV)*

3. Wrestling with anxiety is a weight that’s unnecessary.

*“And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are.” Matthew 6:28-29 (NLT)*

*“And if God cares so wonderfully for flowers that are here today and gone tomorrow, won’t He more surely care for you, O men of little faith?” Matthew 6:30 (TLB)*

HOW TO WIN OVER WORRY

1. Shift from fearing the future to praising in the present.

*“So don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.” Matthew 6:34 (TLB)*

*“Rejoice in the Lord always. I will say it again: Rejoice!” Philippians 4:4 (NIV)*

2. Shift from worry to prayer.

*“Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:5-7 (NIV)*

**3. Shift from control to surrender.**

*“People who don’t know God and the way He works fuss over these things, but you know both God and how He works.” Matthew 6:32 (MSG)*

**4. Shift from the urgent to the important.**

*“So don’t worry at all ... your heavenly Father already knows perfectly well that you need them, and He will give them to you if you give Him first place in your life and live as He wants you to.” Matthew 6:31-33 (TLB)*