ANXIOUS FOR NOTHING—
When You've Had Enough

Rejoice in the Lord always. I will say it again: Rejoice! [5]Let your gentleness be evident to all. The Lord is near. [6]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 4:4-7 NIV

Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, [4]while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." 1 Kings 19:3-4 NIV

When We've Had Enough …

1. **We run ourselves into the ground.**

2. **We shut people out.**

3. **We focus on the negative.**

4. **We forget God.**

My God is my breath!

The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. [12]After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.
1 Kings 19:11-12 NIV

TALK IT OVER

Of the four anxiety-causing mistakes—running ourselves into the ground, shutting people out, focusing on the negative, and forgetting God—which mistake do you struggle with most?

How can you encourage yourself to trust that God will carry you through every difficulty you face?

How can you reassure someone else of God's presence who may be feeling brokenhearted or overwhelmed?