

True Peace - Overcoming Anxiety

People with the anxiety often experience exaggerated worry and tension. Many often expect the worst, even when there is no apparent reason for concern. They anticipate disaster and are overly concerned about money, health, family, work, or other issues. Sometimes just the thought of getting through the day produces anxiety. They don't know how to stop the worry cycle and feel it is beyond their control, even though they usually realize that their anxiety is more intense than the situation warrants.

What is your mind focused on? Just about all of us struggle with fears that can lead our mind to jump from one possible disaster to another. Rather than focusing on the goodness and strength of God, we focus on the impending - and perceived - dangers about us. What is the answer; how can I change my focus?

First read each verse then write down all the statements that indicate worry or anxiety. Then, write down the effects of anxiety on the person who worries. The anxious person often becomes critical, a complainer, jealous, or envious, depressed, fearful, timid, insecure, etc. Finally, study and apply Philippians 4:6-9, noting God's three-fold plan for overcoming worry.

Read each verse then write down all the statements that indicate worry or anxiety

Luke 10:38-42: _____

Proverbs 28:1: _____

Ezekiel 4:16, 17: _____

Luke 8:14: _____

Luke 21:34: _____

Proverbs 15:15: _____

Psalms 38:6: _____

Genesis 45:3: _____

1 Samuel 28:20-23: _____

2 Thessalonians 1:7: _____

Psalms 77:4, 8, 9: _____



Study Philippians 4:6-9 and note God's threefold program for overcoming worry.

Verse 6 – To overcome worry God says *It helps to pray properly.*

Note at least four or five facts about the kind of prayer that overcomes worry.

Verse 8 – To overcome worry God says *It helps to think properly.*

Note the kind of things you must think about if you are to become a peaceful person.

Make a specific list of what some of these things are for you.

Consider Romans 12:2; 1 Peter 3:14, 15; and Matthew 6:25-32.

Plan specific things you can do to make sure you think properly.

How can you change your negative, pessimistic thinking into Biblical thinking?

Verse 9 – To overcome worry God says *It helps to live properly.*

Consider Proverbs 1:33 and notice how anxiety is often connected with wrong living.

Notice also the effect of fulfilling your God-given responsibilities.

For example, some people are worried about losing their jobs because they are not fulfilling

Colossians 3:22-24 or Ephesians 6:5-8.

Some people are worried about finances because they are not good stewards of their finances.

Look over your life and note where you are not fulfilling your God-given responsibilities.

Then plan to make changes and focus on doing what God wants you to do today.

