

Do you want to live your entire life without anxiety?

- Indifferent
- detached

2 Corinthians 11:

“far more labors, in far more imprisonments, in beatings without number, in frequent danger of death. Five times I received from the Jews forty lashes less one. Three times I was beaten with rods, once I was stoned, three times I was shipwrecked—a night and a day I have spent in the deep. I have been on frequent journeys, in dangers from rivers, dangers from robbers, dangers from my countrymen, dangers from the Gentiles, dangers in the city, dangers in the desolate places, dangers on the sea, dangers among false brothers. I have been in labor and hardship, in many sleepless nights, in starvation and thirst, often hungry, in cold and without enough clothing. Apart from such external things, there is the daily pressure on me of concern for all the churches.”

- anxiety is a warning system
- You may not know what is wrong, but you know something is.
- hardwired by God

Don't numb the anxiety, figure out the cause, and deal with it.

Good reasons for anxiety

1. Death
2. Relationships end
3. money

John 16:33 “In the world you have tribulation, but take courage; I have overcome the world.”

Anxiety alerts to trouble, but is part of the problem. It can get way off the rails.

Your Anxieties Reveal Your Heart

- overreact to real trouble
- upset about things we shouldn't be upset about

1. Respond with Faith

Ps 94:19 “When my anxious thoughts multiply within me, Your consolations delight my soul.”

Philippians 4

People always focus on v.6, lets start at v 5

v.5 The Lord is near (have you forgotten in your anxiety)

v.6 The Lord is listening

- Psalms- pleading
- No guarantees

v.7 The Lord is guarding you with His peace

Opposite of Sinful Anxiety: Contentment

Practicals:

- Make requests know to God
- Park your mind on what is true v.8 (avoid “more” and “different”)
- tackle the real problem the right way

Matthew 6:34 ““So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.”

Anxiety Attacks: Focused on the feelings, not the problem. Focus on God, talk to Him, Ask Him for guidance in understanding where your idols are in the moment, Focus on one small thing you can do, its not going to change the world.

Remember, Phil 4:9 practice these things....