

When Anxiety Strikes

How are we to live in anxious times?

We should live in confidence and assurance in the peace of God



Matthew 6:25-34 KJV

[25] Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? [26] Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? [27] Which of you by taking thought can add one cubit unto his stature? [28] And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: [29] And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. [30] Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? [31] Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? [32] (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. [33] But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. [34] Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

Why are We Anxious as Children of God:

1. We Have an Inadequate View of our Self Worth

Matthew 6:26 KJV

[26] Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

2. We Attempt to Change Things Over Which we Have no Control

Matthew 6:27 KJV

[27] Which of you by taking thought can add one cubit unto his stature?

3. Our Failure to Trust God to Provide Our Needs

Matthew 6:28 KJV

[28] And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

4. Following the World's Futile Attempt to Find Security and Contentment

Matthew 6:31-32 KJV

[31] Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? [32] (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

5. Misplacing Our God Ordained Priorities

Matthew 6:33 KJV

[33] But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Paul was a Prisoner for the Cause of Christ.

Paul wrote this while in prison and with the very real possibility of his execution being eminent. He writes about the peace he felt in his heart during this time because he walked in obedience to God.

Philippians 4:4-7 KJV

[4] Rejoice in the Lord alway: and again I say, Rejoice. [5] Let your moderation be known unto all men. The Lord is at hand. [6] Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. [7] And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

The Nature of Anxiety

Anxiety can cause distortions in the way we see things but using God centered wisdom will help us see clear through our fears and make sound decisions.



How to Overcome Anxiety:

We should dwell on things that are honorable, truthful, and Godly.

1. Pray About All Things

*Involve God in all aspects of our lives, let him help in our decisions
(Prayer = Adoration, Devotion, Worship)*

2. Supplication

An earnest sharing our conversations with God are sincere and passionate, honest, and Revering to God. Our prayers should be of confidence and assurance.

3. Thankful

We should be thankful to God that he hears us and cares about our well being enough to only seek out what's best for us.

There is a sense of peace upon us when our focus is on God no matter what circumstances we are going through.

We should practice the things we know to be right in the eyes of God - Pray right, think right, live right, and practice righteousness. Jesus overcame all things we tend to worry about, therefore, we really have nothing left to use as an excuse to be anxious.



Obtaining Peace

- 1. When we place our trust in him as our personal savior, this settles, once and for all, where we're going to spend eternity.*
- 2. When we believe he is in sovereign control of all things, which includes us personally, this removes any fear and anxiety.*
- 3. When we are trusting him to meet our daily needs, this eliminates our daily concerns about having enough.*
- 4. When we are maintaining a clear conscience, this shields and protects our peace with ourselves.*
- 5. When we accept ourselves the way God made us from trying to change something over which we have no control.*
- 6. When we have a sense of purpose in life, this protects us from the plague of emptiness.*
- 7. When we have a sense of competency, this protects us from failure due to our overwhelming sense of inadequacy.*
- 8. When we have a sense of belonging, this shields us from the painful feeling of rejection and feeling unwanted.*