



Seeking Peace When I Feel Anxious and Worried

September 9, 2018

Anxiety and Worry... they don't seem to be going away!

Biblical Insights for Battling Anxiety and Worry

- 1. Prayer... the source of [power](#) and the [path](#) of [intimacy](#)!**

Philippians 4:6-7

⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesús.

How can prayer unleash the power of heaven to overcome fear and anxiety?

How can prayer connect you intimately to God so worry shrinks to its proper size?

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- 2. Identity... [Who](#) I Am and [Whose](#) I Am**

1 Peter 2:4-5

⁴As you come to him, the living Stone—rejected by humans but chosen by God and precious to him— ⁵you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ...

1 Peter 2:9-10

⁹ But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. ¹⁰ Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

Who do we become through genuine faith in Jesus Christ?

How can knowing Who we belong to decrease the power of anxiety?

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3. Action... [Stop](#) It and [Start](#) It

Colossians 3:8-9

⁸ But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. ⁹ Do not lie to each other, since you have taken off your old self with its practices...

Colossians 3:12-15

¹² Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity. ¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

How can stopping dumb, dangerous, and deceitful behaviors decrease the power of worry and anxiety?

Because we break the anxiety producing patterns

- Stop **spending money** you don't have!
- Stop **being lazy** at work or school and trying to do the least you can!

- Stop telling **lies** to cover your tracks
- Stop doing things you know **God does not want you doing**
- Stop **cheating on your spouse**
- Stop **wasting time** on things that do nothing to make your life, or the life of others better...
- Stop watching so much **bad news!**
- Stop **fixating on what you can never change**

How can growing a good and grace-filled lifestyle increase peace and drive worry away?

Because we grow peace-giving patterns

- Start **being five minutes early** for everything!
- Start being **intentionally** and **surprisingly kind** to everyone you interact with
- Starting **exercising** and **eating** better
- Start **sharing what you have** with others and with the **God** who shared with you
- Start **looking for good news** and celebrate it
- Start **doing what I can** to help others

Start taking your next step by getting the help and support that is waiting for you

- Start saying **"I am sorry"** often and mean it!
- Start making **weekly worship** with God's people a higher priority!

Two important reminders...

- 1. There is peace in the truth of Scripture!**
- 2. Get help when you are over your head (family, friends, pastors, professionals)**

Philippians 4:6-7

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