

OVERCOMING ANXIETY

Finding Peace, Discovering God

Steps to Overcoming Anxiety

Session #9

Anything Stolen Slide #2

The thief named 'Worry' comes to steal. What has he stolen from you? Are you going to give him more?

Worried people focus on their own _____.

Worried people focus on finding _____ for possible problems.

Worried people focus on their _____.

Love
Worried people focus on their own needs. They do not have energy to care about the needs of others.

Joy
Worried people focus on finding solutions for possible problems. They are not able to enjoy the good things of life that God has provided.

Faith
Worried people focus on their doubts. They do not trust that the Lord's way is best or even possible.



Worry steals away your love, joy and faith

Our Approach Slide #3

We can use the Lord's prayer to train us in prayer. _____ is the bringing of God's Word to bear upon our lives as we bring our concerns before Him.

Let's go through each verse and discover its related principle.

- 09 • Declare the _____ of God in relation to ourselves.
- 10 • Affirm God's will and your desire for it to be done.
- 11 • Identify and ask for needs.
- 12 • Seek forgiveness of sins.
- 13 • Express your desire for His _____ and _____.
- 13 • Declare the truth of God in general

Our Approach

The Lord's Prayer for Training
Matthew 6:9-13

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|----|--|--|
| 9 | Our Father who art in heaven, Hallowed be Thy name. | • Declare the truth of God in relation to ourselves. |
| 10 | Thy kingdom come. Thy will be done, On earth as it is in heaven. | • Affirm God's will and your desire for it to be done. |
| 11 | Give us this day our daily bread. | • Identify and ask for needs. |
| 12 | And forgive us our debts, as we also have forgiven our debtors. | • Seek forgiveness of sins. |
| 13 | And do not lead us into temptation, but deliver us from evil. | • Express your desire for His guidance and protection. |
| | [For Thine is the kingdom, and the power, and the glory, forever. Amen.] | • Declare the truth of God in general |

The Process Slide #4

Three points from the Lord's prayer outline how we can pray.

1) Affirming

Declare the truth of God that is _____ to your situation. This shapes your thoughts. Even if you don't feel it, declare it. It is true.

2) Asking

There are several kinds of requests: provision, _____ and protection.

3) Assessing

Many of us forget that we are in a _____ battle. We must refuse to think only about our physical needs. We need special protection. We should think about deliverance from possible future failures as well as past defeats. We want perfect deliverance.

- 1) Affirm God's _____
 - God as our personal Father
 - God dwells in heaven
 - God's Name is holy
 - I desire God's will to be done
- 2) Ask help for _____
 - Daily needs as food
 - Forgiveness of sins
 - Protection from the evil one
- 3) Assess our situation _____
 - Have we forgiven our debtors?
 - Do I really want not to be led into temptation?



The Lord's Prayer for Training
Matthew 6:9-13



Releasing God's Life-Changing Truth to a New Generation

Slide #1

Biblical Foundations for Freedom

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Jesus said in John 8:31-32 says,
"If you abide in My word, then you are truly disciples of Mine; and you shall know the truth, and the truth shall make you free."
(NASB used unless noted)

1) Affirm God's Truths Slide #5

Every worry is rooted in a lie about _____.
 Every worry, fear and stress is an attack on God's person and ways. When the relevant truth of God is clearly stated, the lies become apparent and lose their ability to deceive us. We gain more freedom, willingness and faith to confront our failure and trust Him for our needs.

We honor our Maker by personally agreeing with, stating and trusting His revealed truth.





2 Corinthians 10:5-6

A. Discover what truths are relevant to your worry.

B. Find relevant scripture passages that address those issues.

C. Proclaim these truths aloud.

D. Affirm your willingness to live by these truths.

God's Care for Me Slide #6

Jesus teaches truth to build up our _____.

- (1) Our souls are more important than our _____. (6:25)
- (2) God's really cares for our _____ (6:26)
- (3) Senselessness of worrying (6:27) Accept life's _____.
- (4) God's _____ to care for our lives is simply awesome. (6:28-30)

God's Care for Me

The Key Issue => Essential needs for life (6:25)

- (1) Our souls are more important than our possessions. (6:25)
- (2) God's really cares for our bodies (6:26)
- (3) Senselessness of worrying (6:27) Accept the unchangeables of life.
- (4) God's design to care for our lives is simply awesome. (6:28-30)

25* ¶ "For this reason I say to you, **do not be anxious for your life, [as to] what you shall eat, or what you shall drink; nor for your body, [as to] what you shall put on. Is not life more than food, and the body than clothing?**

26* "Look at the birds of the air, that they do not sow, neither do they reap, nor gather into barns, and [yet] your heavenly Father feeds them. Are you not worth much more than they?"

27* "And which of you by being anxious can add a [single] cubit to his life's span?"

28* "And why are you anxious about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin,

29* yet I say to you that even Solomon in all his glory did not clothe himself like one of these.

30* "But if God so arrays the grass of the field, which is [alive] today and tomorrow is thrown into the furnace, [will He] not much more [do so for] you, O men of little faith?"

Matthew 6:25-30

Jesus gives us four truths to shape our thoughts and eliminate our worries about basic needs.

2) Ask Help for Needs Slide #7

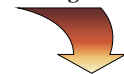
The Asking: Once we have affirmed the truth about God and His world, we are ready to **see our selves as we should**. We have a better grasp of our true situation before God and therefore know what He desires of us.

The Promise: Acknowledge how far we have gone from God's standard. Confess and repent for failures of worries, impure heart and doubt in His faithfulness. (I John 1:9;)

The Warning: God used a _____ and a big fish's stomach before Jonah finally could hear God.

2) Ask Help for Needs

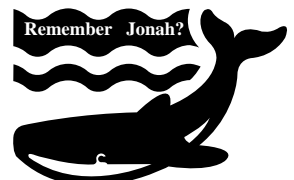
Revealing of God and His truths



True understanding of God and His ways



Seek God's help



"I called out of my distress to the LORD, And He answered me. I cried for help from the depth of Sheol; Thou didst hear my voice."
 Jonah 2:2

3) Assess our Situation Slide #8

By a careful study of our lives before God, we can find out what we are anxious about.

When we examine these four categories, we are more aware of what is happening to us. Note how our spirit, minds, emotions, bodies and wills (decisions) are involved. These problems occur because worry is not natural. Our bodies, emotions, bodies and spirit easily are overwhelmed by persistent worries, stress and fears.

3) Assess Our Situation



We worry about how to satisfy the unfulfilled needs of our lives.

Going for it! Slide #9

The root cause of all worry is that we did not _____ God as we should for some perceived deep need of our hearts. We put our confidence in another plan. Our worry demonstrates that plan is not working. How do you find your heart needs?

Going for it!

1• Hooked!



2• Pull it in!

We get at the root problem by the persistent process of detecting a worry and rejecting it by the truth.

3• Hit it over the head!



Attacking the Problem Slide #10

When we seek the Lord's will _____, God gives us assurance that He will care for our other needs. In order to do this, we need to entrust our possessions and situations to the Lord. As we do this, we realize that the Lord is the One that can really help. So we stop trusting things and cast our trust upon God. This simple step of bringing our needs properly before God is actually rather strategic in this sense.

Attacking the Problem

- Do not be anxious (6:25-30)
 - Because He cares for you
- Do not be anxious (6:31-33)
 - Focus on God's purpose and ways
- Do not be anxious for tomorrow (6:34)
 - God's grace is sufficient for today.

25* ¶ "For this reason I say to you, **do not be anxious** for your life ...

31* "**Do not be anxious** then, saying, 'What shall we eat?' or 'What shall we drink?' or 'With what shall we clothe ourselves?'"

32* "For all these things the Gentiles eagerly seek; for your heavenly Father knows that you need all these things.

33* "But seek first His kingdom and His righteousness; and all these things shall be added to you."

34* "Therefore **do not be anxious for tomorrow**; for tomorrow will care for itself. [Each] day has enough trouble of its own.

Definition of a _____.
Worries so much about tomorrow's tasks, that he does not get done today's jobs!

Finding Restoration Slide #11

There are numerous worries. Only a few are mentioned.

Relationships
 Child's health
 Losing my job
 Research
 Finances
 Grades

Finding Restoration

I worry about

1) Affirm God's Truths:
 Lord, I affirm Your kingdom and righteousness as a priority in my life.

2) Ask Help for Needs:
 Lord, please forgive me for worrying about ...

3) Assess My Situation:
 Lord, I started worrying about when

Relationships
 Child's health
 Losing my job
 Research
 Finances
 Grades

- ← Add relevant scriptural truths.
- ← Confess every sin and change your life style like you said you would.
- ← Be completely honest until it hurts. Dig deeper and deeper. Let the Lord examine

Strike Down all the Idols Slide #12

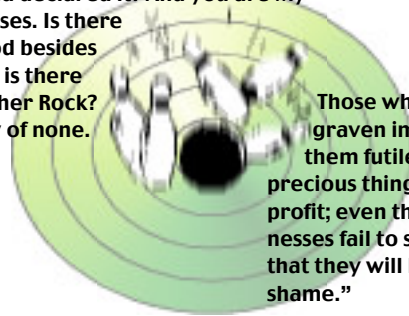
Our worries reveal the presence of _____. Because of our wealth and flourishing society, we think we can handle everything. We think we live a God-free life. We make ourselves the idols.

“ Little children, guard yourselves from idols.
1 John 5.21

Strike down all the idols

“Do not tremble and do not be afraid; Have I not long since announced it to you and declared it? And you are My witnesses. Is there any God besides Me, Or is there any other Rock? I know of none.”

Isaiah 44:8-9



Those who fashion a graven image are all of them futile, and their precious things are of no profit; even their own witnesses fail to see or know, so that they will be put to shame.”

Touching Our Lives Slide #13

Principles

- What principles were strongly impressed on me today?

Applications

- What clear decisions, plans, confessions, etc. do I need to make because of what God spoke to me during this session?

Testimony

- What one or two special lessons, stories, illustrations, warnings, can I share with others that might encourage their faith?

God of
 Peace