



Discipleship 2

Reaching Beyond Mediocrity

Lesson #5

Possessing God's Peace

Overcoming Anxiety

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NASB used
wwwFOUNDATIONSforfreedom.net

Anxiety seizes our lives



- * 19.1 million (13.3%) of the adult U.S. Population
- * Anxiety disorders cost the U.S. more than \$42 billion a year (almost 1/3 of total 148 billion)
- * More than \$22.84 billion of those costs are associated with the repeated use of healthcare services

<http://www.healthplace.com/Communities/anxiety/statistics.asp>

The modern world finds worry troublesome but normal.

Make a Decision

GOD-FOCUSED
CONFIDENCE

LACK OF
CONFIDENCE

MISPLACED
CONFIDENCE

"For My people have committed two evils: They have forsaken Me, the fountain of living waters, to hew for themselves cisterns, broken cisterns, that can hold no water" (Jeremiah 2:13).

Understanding the Problem



"Cursed is the man who trusts in mankind and makes flesh his strength, And whose heart turns away from the LORD" (Jeremiah 17:5).

"Blessed is the man who trusts in the LORD and whose trust is the LORD, for he will be like a tree planted by the water" (Jeremiah 17:7).

Understanding Anxiety

Anxiety

God's Peace

LACK OF CONFIDENCE

GOD-FOCUSED CONFIDENCE

Worry comes from doubting God's willingness or ability to provide for a person's perceived needs.

Possible worries

- A job - money
- A relationship
- A spouse
- Stamina
- Wisdom

Peace comes from trusting God to take care of our genuine needs.

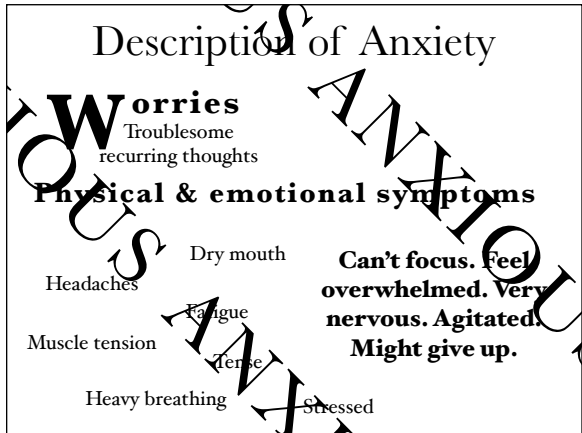
Description of Anxiety

Worries
Troublesome recurring thoughts

Physical & emotional symptoms

- Headaches
- Dry mouth
- Tingling
- Muscle tension
- Heavy breathing
- Stressed

Can't focus. Feel overwhelmed. Very nervous. Agitated. Might give up.



History of Anxiety

Why do we worry? Is it right to worry?



Man was originally made with a total trust in the Lord.



Man's fall came because he chose to question God's care for him.



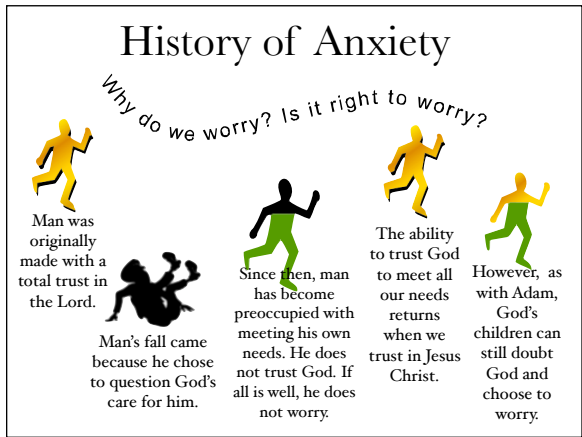
Since then, man has become preoccupied with meeting his own needs. He does not trust God. If all is well, he does not worry.



The ability to trust God to meet all our needs returns when we trust in Jesus Christ.



However, as with Adam, God's children can still doubt God and choose to worry.



Identify Source of Anxiety

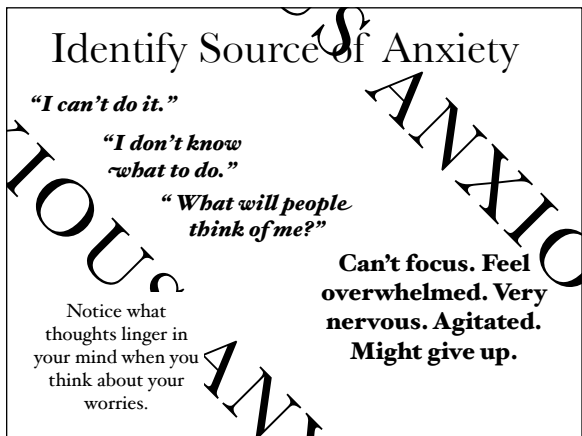
"I can't do it."

"I don't know what to do."

"What will people think of me?"

Notice what thoughts linger in your mind when you think about your worries.

Can't focus. Feel overwhelmed. Very nervous. Agitated. Might give up.



:A:N:X:I:O:U:S:

What will happen?

What will I do?

Who will care for me?

I don't know what to do.

Where will I go?

What shall I say?

Training in the Truth

“I believe God always takes care of me even when I do not see how.”

True?

“I believe...”

No! Yes!

Trust comes from believing that God will timely care for your needs no matter how impossible your circumstances might appear.

Truths about God & His Ways

“Humble yourselves, therefore, under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety upon Him, because He cares for you.” (1 Peter 5:6-7).

“Therefore do not be anxious for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.” (Matthew 6:34).

“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” (Philippians 4:6).

“Don't worry about anything; instead, pray

about everything. Tell God what

you need, and thank him for all he has done.”

Philippians 4:6, NLT.

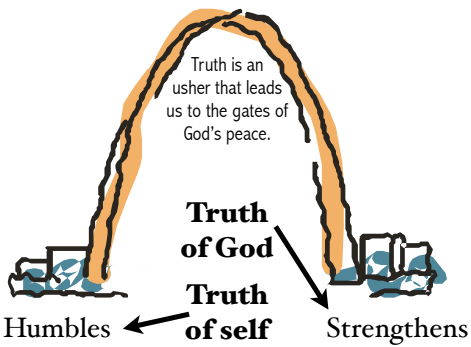
Clarifying the process

- * Observe the process to overcome
- * Gain confidence in the Lord's process of healing
- * Transfer the ability to overcome worries to other areas in your life
- * Help others through the Lord to overcome worry

Steps to Overcome Anxiety

- What are you worrying over?
- Trust in Him through prayer. #5
- #1
- #2 What do you doubt about God's care for you?
- #3 Confess and repent from your doubts.
- #4 Remind yourself of truth.

Gates to The Lord's Peace

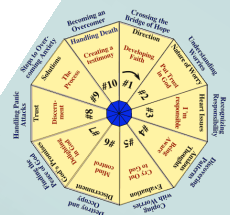


Extra Exercises

- * Observe your anxious responses.
- * Trace your anxious thoughts and responses
- * Prevent Anxiety
- * Combat worry

& reading

**Overcoming Anxiety:
Discovering God, finding peace**



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