

# Overcoming Anxiety

## Introduction

1. **“Worry” and “Anxiety” are very closely related.**
2. **We are told in the book of Philippians**

Philippians 4:6 **Be anxious for nothing**, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

3. **“Anxiety” is defined as: “a disturbed state of mind produced by real or imaginary fears.”**
  - A. **When one’s mind is preoccupied with anxiety, that state of “anxiousness” it can lead to physical and even mental problems.**

### **Arthur Somers Roche:**

**Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all others thoughts are drained.**

Proverbs 12:25 Anxiety in the heart of man causes depression, But a good word makes it glad.

4. **In this morning’s lesson, let’s look at some situations in the Bible where individuals were filled with anxiety and what led to this in their particular situation.**
  - A. **In the second part of our lesson we will examine some ways in which we, as God’s children, are able to overcome anxiety when it comes upon us from time to time.**

## Some Causes of Anxiety

- ◆ **We understand that there are situations in life that can fuel anxiety in our lives. Everyone has been faced with stressful, troubling times when we have been disturbed and/or fearful about something.**
  
- ◆ **That was the case in the lives of several individuals in the Bible.**
  1. **A brother's hatred.**  
**Genesis 32:6-12**
  
  2. **A son's rebellion.**  
**2 Samuel 18:24-33**
  
  3. **The King's decree.**  
**Esther 4:1-17**
  
  4. **A child's absence.**  
**Luke 2:48**
  
  5. **A son's sickness.**

John 4:46-49 So Jesus came again to Cana of Galilee where He had made the water wine. And there was a certain nobleman whose son was sick at Capernaum. When he heard that Jesus had come out of Judea into Galilee, he went to Him and **implored Him to come down and heal his son, for he was at the point of death.** Then Jesus said to him, "Unless you people see signs and wonders, you will by no means believe." The nobleman said to Him, **"Sir, come down before my child dies!"**

## Overcoming Anxiety

- ◆ **We learn from the Bible that anxiety is real and that God has given us ways in which we can get beyond this often times crippling focus.**
  
  - ◆ **It has been stated that an average person's anxiety is focused on :**
    - **40% -- things that will never happen.**
    - **30% -- things about the past that can't be changed.**
    - **12% -- things about criticism by others, mostly untrue.**
    - **10% -- about health, which gets worse with stress.**
    - **8% -- about real problems that will be faced.**
  
  - A. Therefore, we can learn that about 92% of our "anxiety" is largely related to things that we cannot control or really matter.**
    - 1) These are the things we must strive to cast aside from our minds so that we don't lose focus of our today and tomorrow's.**
  
  - B. When we are faced with real problems that cause us to be anxious as we ready ourselves for the challenge set before us, there are ways we can prepare ourselves to keep us in the proper mind set going forward.**
    - 1) God's word is the source we should turn to guide us through any situation we may encounter.**
- 1. Trust.**  
**Psalms 37:1-5**

## 2. Reliance on the Holy Spirit.

Mark 13:11 But when they arrest you and deliver you up, do not worry beforehand, or premeditate what you will speak. But whatever is given you in that hour, speak that; for **it is not you who speak, but the Holy Spirit.**

## 3. God's provision.

**Luke 12:22-30**

## 4. Looking upward.

**Luke 21:25-28**

## 5. The assurance of God's sovereignty.

Romans 8:28 And we know that **all things work together for good to those who love God, to those who are the called according to His purpose.**

## 6. Prayer.

Philippians 4:6 Be anxious for nothing, **but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;**

## 7. God's care.

1 Peter 5:6-7 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, **casting all your care upon Him,** for He cares for you.

## Conclusion

1. **Anxiety has robbed a lot of people from being able to live a good quality lifestyle.**
2. **May we strive to keep focused on God, controlling what we can, and let God take care of that which we can't.**

