

FACING ANXIETY

Psalm 139

Facing Anxiety

- ▣ What causes anxiety?
- ▣ What are the results of anxiety?

Who of you by worrying can add a single hour to his life?

Matthew 6:27

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:34

What can we do about anxiety?

- ▣ Trust God's presence, care, and intimate knowledge of us.

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. To trust God is humbling. It means saying that I can't do it all on my own. I must make room for God in my life. Admit that some things are beyond our control. This is an act of humility and trust.

1 Peter 5:6-7

What can we do about anxiety?

- ▣ Trust God's presence, care, and intimate knowledge of us.
- ▣ Seek encouragement.

An anxious heart weighs a man down, but
a kind word cheers him up.

Proverbs 12:25

What can we do about anxiety?

- ▣ Trust God's presence, care, and intimate knowledge of us.
- ▣ Seek encouragement.
- ▣ Pray.

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

Philippians 4:5-7

What can we do about anxiety?

- ▣ Trust God's presence, care, and intimate knowledge of us.
- ▣ Seek encouragement.
- ▣ Pray.
- ▣ Prioritize.

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew 6:33

But make up your mind not to worry beforehand how you will defend yourselves. For I will give you words and wisdom that none of your adversaries will be able to resist or contradict. You will be betrayed even by parents, brothers, relatives and friends, and they will put some of you to death. All men will hate you because of me. But not a hair of your head will perish. By standing firm you will gain life.

Luke 21:13-19