

Dealing with Anxiety [Series: Finding Victory Within: How to Handle Your Emotions]

1. Anxiety - state of uneasiness & _____ about future uncertainties; it is an intense fear or apprehension about some undesired, future possibility
2. 9 Primary Anxieties:
 - _____; Failing Health; Death; Old Age; Loss of Relationships; Criticism; Frustrations/Annoyances; Unmet Needs; Unsolvable Situations
3. Matthew 6:25-34 – “do not be _____ about your life”
 - context is *not* specific (circumstances don't matter)
 - You can take 2 people & put them in the exact same environment, and 1 person will go NUTS & another person will be at peace
 - Anxiety is not about your circumstances, it's about what is in your heart.
4. The Broader Context of Matthew 6:25-34
 - a. Mt 6:19-21, Being anxious about earthly treasure is _____, because ultimately you will lose it all. Instead, build up your heavenly treasures.
 - b. Mt 6:22-23, “Many, if not most, of your anxieties are a product of your thought-life (what enters your mind). As such, an anxious-free life can only be found when you avoid feeding your mind “bad” thoughts, and are disciplined to feed your mind healthy and holy things.”
 - c. Mt 6:24, “You cannot serve both God and money”
 - want a less anxious life? Get debt-free & stop “serving money”.....
 1. Romans 13:8 - “Owe _____ to anyone” (be debt-free)
 2. Malachi 3:10 - “Bring the whole tithe (10%) into God's house...”
 3. Being-debt free says – find happiness/be content in what you have, and don't fall into the trap of thinking more stuff is the answer
 4. Tithing says - don't always look to “have more” for happiness, instead, find happiness in giving away what you already have
5. “The Path Is the _____.” “The Journey Is the Goal.”
6. From a worldly perspective, you can deal with anxiety in at least 4 ways:
 - a. Spending Money
 - b. _____
 - c. Alcohol (& drugs)
 - d. Medication (sometimes necessary/helpful, but not the complete answer)
7. A more biblical approach to deal with Anxiety
 - a. Start by getting your heart right with _____
 - b. Confess the real problem (Name reality)
 - c. Seek help from other people (Christian Counselors/medication for serious issues)
 - d. Be Proactive To Make Prioritized Changes
 - e. Seek God (Philippians 4:4-7); Give Thanks, Pray/Petition, Pray/Supplication
 - f. Take a deep breath & Let it Go (have faith)
8. The Result: The Peace of God (Philippians 4:7)

1. distress
2. poverty
3. anxious
4. futile
5. destination
6. pleasure
7. God