

HOW TO HANDLE WORRIES AND ANXIETIES

ANXIETY—intense, excessive, and persistent worry and fear about everyday situations

FEAR—an unpleasant feeling triggered by the perception of danger, real or imagined

WORRY—give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles

A. To be split-minded (not focused fully any one thing that can help or aid)

B. Worry Wart—a person who tends to dwell on difficulty or troubles

BIBLICAL DIRECTIVES

A. 1Thessalonians 5:16-18—“Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.”

B. Philippians 4:6-7—“Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

Philippians 4:6-7 NLT

IN SPITE OF BIBLICAL DIRECTIVES, WE TEND TO STILL WORRY AND BE ANXIETY-FILLED. WHAT CAUSES US TO CONTINUE TO DO SO???

1. The Uncontrollable/The Unknown
2. Health Challenges (BP, Cancer, COVID-19, Economy, Political Landscape)
3. Lack of Faith/Knowledge of God

ANSWERS TO ANXIETY/WORRY

Philippians 4:8-9

“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.”

Philippians 4:8-9 NLT

RIGHTEOUS THOUGHTS LEAD TO RIGHTEOUS ACTION!!!

1. As a person thinks, so is he or she.
2. Whoever or whatever controls the mind, controls the person.
3. Whatever I am full of, is what comes out when I am placed under pressure.

Joyce Meyer—“The mind is a battlefield.”

Feed your FAITH and not your FEARS!!!

A. Be careful of filling your mind with the news of the day. Instead focus on the faithfulness of God and His promises.

HOPE

Mark C. Crowley—“Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.”

Romans 10:17—“But they have not all obeyed the gospel. For Isaiah says, “LORD, who has believed our report?” So then faith comes by hearing, and hearing by the word of God.”

Romans 10:16-17 NKJV

Matthew 6:25-34—“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the

air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

Matthew 6:25-34 NKJV

Isaiah 41:10—“Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.” NKJV

Jeremiah 46:27-28—““But do not fear, O My servant Jacob, And do not be dismayed, O Israel! For behold, I will save you from afar, And your offspring from the land of their captivity; Jacob shall return, have rest and be at ease; No one shall make him afraid. Do not fear, O Jacob My servant,” says the LORD, “For I am with you; For I will make a complete end of all the nations To which I have driven you, But I will not make a complete end of you. I will rightly correct you, For I will not leave you wholly unpunished.””

Jeremiah 46:27-28 NKJV

Understand that faith is not the absence of questions. It is okay to ask God a question and not question the supremacy of God. In fact, by asking, you affirm His supremacy.

Proverbs 3:5-6—“Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.” NKJV

CONCLUSIONS:

1. Remember who you are.
2. Remember Whose you are.
3. Meditate on His Word/Promises
4. Walk in Faith
5. Speak God's Word over your life