

ANXIETY



Meaning: An agitated state of mind produced by real or imaginary fears.

Psalm 34:17: When the righteous cry out and the Lord hears, He delivers them.

Psalm 55:22: Cast ALL your cares on Him.

Overcome Anxiety By:

1. Trusting Jesus: Psalm 37:1-5: Be confident in the Lord
Delight in Him: the Hebrew word “delight” in this verse means: “soft and pliable”
Commit everything to Him
2. Rely upon the Holy Spirit: Mark 13:11: Do not think ahead or premeditate what you need to say. God furnishes the reply for the occasion.
3. Rely upon God’s provision: Luke 12:22-30: Take no thought (do not be anxiously careful) for your life: Matthew 6:25
Only faith can free us from anxiety.
4. Be assured of God’s sovereignty: Romans 8:28: All things work for good **to them that love God.** For those who live in the spirit of obedience.
5. Prayer: Philippians 4:6,7: In nothing be anxious.
6. God’s care for you: 1 Peter 5:6,7: He concerns Himself with things that interest/concern you.