



HANDOUTS FOR OVERCOMING ANXIETY

Finding Peace, Discovering God

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Understanding Our Worries - Handout #2

“When my anxious thoughts multiply within me, Thy consolations delight my soul.” (Psalm 94:19)

The Psalmist did not deny worry or pretend to have a life untouched by worried thoughts. He understood them. By stating 'when,' he acknowledged worry as something that touched his life.

Why is there such a thing as worry? If worry is natural, why does it bring so many bad consequences on our lives.



Goals of this seminar:

- We will leave our _____ behind and cross over to _____.

Review of Session #1

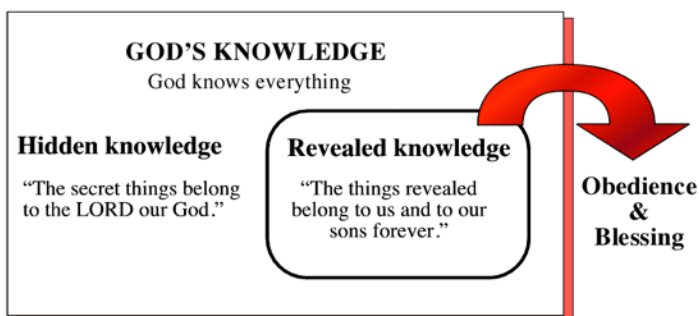
We are not just finding peace with God but obtaining peace of God in our hearts. We can admit we do not know how to get there, but the bridge leads us to where we otherwise could not get to. This bridge represents a journey of life with God. When we seek peace, we are actually seeking God Himself. There is no true peace apart from Him. We will be explaining why this is so a bit later today.

“Monsters that revel in darkness must be dragged into the open, that they may be withered up by the light. Spurgeon’s Gold, p. 150.

God’s Knowledge

God has revealed to us what we need to know to eliminate big and small worries and even more important to bring us His wonderful peace. (Pr 4:7-9).

“The secret things belong to the LORD our God, but the things revealed belong to us and to our sons forever, that we may observe all the words of this law.” (Deuteronomy 29:29).



This series focuses on God’s revealed knowledge. We can know what God says about anxiety. Do you really want to know?

A Squirrel and a Flower

We must ask the question, "Why does man worry when animals do not?" We will find part of the answer in the way God designed human beings different from other created things.



The squirrel and flower seem oblivious to this disorder called worry common among mankind. The squirrel doesn't gather nuts because of worry; it is not self-programmed to store up nuts. We call this instinct.

Why does only mankind have worries?

The difference is not the need. People as well as birds have needs for things around them.

"And why are you anxious about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that even Solomon in all his glory did not clothe himself like one of these."
Matthew 6:28-29

Marks of Humanity

1. Time aware – _____
(A sense of past, present and future)
2. Self aware – _____
(Conscious of our person and needs.)
3. God aware – Faith
(The presence of Almighty God)
4. Moral aware – Holy
(Inherently knows of right and wrong)



"And God created man in His own image, in the image of God He created him; male and female He created them."
(Genesis 1:27)

A Penetrating Look

#1 Man Before the Fall

Mankind was originally made with a total trust in the Lord. He believed God would take care of all his needs.

#2 Man During the Fall

During the fall man chose to question God's care for him and take the care of his needs into his own hands.

#3 Man After the Fall

After the fall, man became preoccupied with meeting his own needs since he no longer trusted God to do it.

#4 Man Rescued by Jesus Christ

The ability to trust God to meet our needs returns when we become God's children by trusting in Jesus Christ.

#5 Man Again Strays

Christians like Adam can be distracted with temptations and not trust in God. Worry then is the expression of doubt, the lack faith and trust in God to care and meet our needs.



Defining our Problem

Anxiety comes from insecurity.

Insecurity occurs when we begin to discover those things which we have trusted in are no longer trustworthy. As a result we are confused and unsure of the future.



A Different Perspective

We normally avoid thinking about worry. We don't want to admit to the deep down despair and felt defeat. But anytime before our death that God destroys those other things which we have relied on is from His grace. All of these things will one day fail us. If they fail us now, we have time to rebuild on that which does not perish.

"For He has brought low those who dwell on high, the unassailable city; He lays it low, He lays it low to the ground, He casts it to the dust. ..." (Isaiah 26:5-6)

"And the world is passing away, and also its lusts; but the one who does the will of God abides forever." (1 John 2:15-17)

Providing a Solution

In order to gain the security that we were designed to have, we need to trust in one who is all powerful and genuinely cares for us. Only God fits that description. **Where do you find that security?**

God is powerful (Job 40:1-2)

God is able. He has all power.

God is in control (Daniel 7:13-14)

God is in full control of things.

God of peace (Romans 16:20)

God is bringing things to peace and harmony.

God cares for you (1 Peter 5:7)

God desires to greatly bless all of His children.

True Security

"Trust in the LORD forever, for in God the LORD, we have an everlasting Rock." (Isaiah 26:4).

Genuine security is founded on two principles:

Constancy

Everlasting carries with it the meaning of unchanging, permanent, eternal, and constant. If the guard is down for a moment, then security is gone.

Protection

The image of Rock is one of firmness, unbending, uncompromising, unyielding, hardness, solid, and without challenge.

Genuine Peace

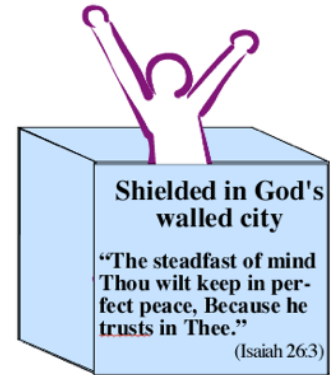
Peace will not come just by destroying those things that we have formerly trusted for security. We will have 'perfect peace' only when we trust in God. We must take two steps:

1) Renounce

Forsake those things that one has formerly or even now find yourself trusting.

2) Trust

Pursue God for a trust in Him that brings His perfect peace.



Touching Our Lives

- **Principles:** What principles were strongly impressed on me today?
- **Applications:** What clear decisions, plans, confessions, etc. do I need to make because of what God spoke to me during this session?
- **Testimony:** What one or two special lessons, stories, illustrations, warnings, etc. can I share with others that might encourage their faith?



Further Reflections

- God is exposing the root of our worries today. Can you see the worry in the hearts of people around you?
- Can you with the Psalmist ask God to search your heart and see if there be any wicked way in you?
- Can you admit that worries reveal that you are trusting in the wrong things for security?
- Tell God all your worries. Ask Him to help you better understand how He alone wants to be your trust.
- Ask Him to break down these false trusts so that later you will not be greatly disappointed.
- Can you ask God to be your only Refuge?

