



HANDOUTS FOR OVERCOMING ANXIETY

Finding Peace, Discovering God

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Steps to Overcoming Anxiety - Handout #9

Anything stolen?

The thief named 'Worry' comes to steal. What has he stolen from you? Are you going to give him more?

- Worried people focus on their own _____. They do not have energy to care about the needs of others.
- Worried people focus on finding _____ for possible problems. They are not able to enjoy the good things of life that God has provided.
- Worried people focus on their _____. They do not trust that the Lord's way is best or even possible.



Worry steals
away your love,
joy and faith.

Our Approach

The Lord's Prayer for Training (Matthew 6:9-13)

"Our Father who art in heaven, Hallowed be Thy name. 10 'Thy kingdom come. Thy will be done, On earth as it is in heaven. 11 'Give us this day our daily bread. 12 'And forgive us our debts, as we also have forgiven our debtors. 13 'And do not lead us into temptation, but deliver us from evil. [For Thine is the kingdom, and the power, and the glory, forever. Amen."

We can use the Lord's prayer to train us in prayer where we bring God's Word to bear upon our lives as we lift our concerns before Him. Let's go through each verse and discover its related principle.

- 09 • Declare the _____ of God in relation to ourselves.
- 10 • Affirm God's will and your desire for it to be done.
- 11 • Identify and ask for needs.
- 12 • Seek forgiveness of sins.
- 13 • Express your desire for His _____ and _____.
- 13 • Declare the truth of God in general.

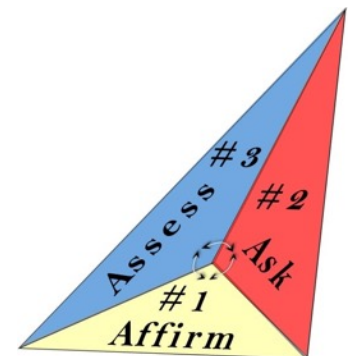
The Process

Three points from the Lord's prayer outline how we can pray.

1) Affirm God's truths

- God as our personal _____
- God dwells in heaven
- God's Name is holy
- I desire God's will to be done

Declare the truth of God that is relevant to your situation. This shapes your thoughts. Even if you don't feel it, declare it. It is true.



The Lord's Prayer for Training
Matthew 6:9-13

2) Ask _____ for needs

- Daily needs as food
- Forgiveness of sins
- Protection from the the evil one

There are several kinds of requests: provision, _____ and protection.

3) Assess our _____

- Have we forgiven our debtors?
- Do I really want not to be led into temptation?

Many of us forget that we are in a spiritual battle. We must refuse to think only about our physical needs. We need special protection. We should think about deliverance from possible future failures as well as past defeats. We want perfect deliverance.

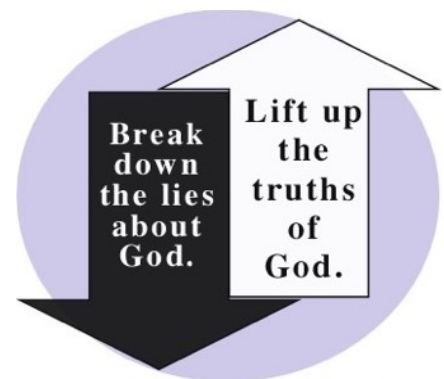
1) Affirm God's Truths

Every worry is rooted in a lie about God.

Every worry, fear and stress is an attack on God's person and ways. When the relevant truth of God is clearly stated, the lies become apparent and lose their ability to deceive us. We gain more freedom, willingness and faith to confront our failure and trust Him for our needs.

We honor our Maker by personally agreeing with, stating and trusting His revealed truth.

- Discover what truths are _____ to your worry.
- Find relevant scripture passages that address those issues.
- Proclaim these truths aloud.
- Affirm your willingness to live by these truths.



2 Corinthians 10:5-6

25* "For this reason I say to you, do not be anxious for your life, [as to] what you shall eat, or what you shall drink; nor for your body, [as to] what you shall put on. Is not life more than food, and the body than clothing?"

26* "Look at the birds of the air, that they do not sow, neither do they reap, nor gather into barns, and [yet] your heavenly Father feeds them. Are you not worth much more than they?"

27* "And which of you by being anxious can add a [single] cubit to his life's span?"

28* "And why are you anxious about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin,

29* yet I say to you that even Solomon in all his glory did not clothe himself like one of these.

30* "But if God so arrays the grass of the field, which is [alive] today and tomorrow is thrown into the furnace, [will He] not much more [do so for] you, O men of little faith? (Matthew 6:25-30).

God's Care for Me

Jesus teaches truth to build up our faith.

The Key Issue => Essential needs for life (6:25)

Jesus gives us four truths to shape our thoughts and eliminate our worries about basic needs.

- (1) Our souls are more important than our _____. (6:25)
- (2) God's really cares for our _____ (6:26)
- (3) Senselessness of worrying (6:27). Accept life's _____.

- (4) God's _____ to care for our lives is simply awesome. (6:28-30)

2) Ask Help for Needs

2) Ask Help for Needs

God's revealing of His person and truths

True understanding of God and His ways

Seek God's help

The Asking:

Once we have affirmed the truth about God and His world, we are ready to see ourselves as we should. We have a better grasp of our true situation before God and therefore know what He desires of us.

The Promise:

Acknowledge how far we have gone from God's standard. Confess and repent for failures of worries, impure heart and doubt in His faithfulness. (1 John 1:9).

The Warning:

God used a storm and being locked into a big fish's stomach before Jonah could finally hear God.



"I called out of my distress to the LORD, And He answered me. I cried for help from the depth of Sheol; Thou didst hear my voice."
Jonah 2:2

3) Assess our Situation

By a careful study of our lives before God, we can find out what we are anxious about.

When we examine these four categories, we are more aware of what is happening to us. Note how our spirit, minds, emotions, bodies and wills (decisions) are involved. These problems occur because worry is not natural. Our bodies, emotions, bodies and spirit easily are overwhelmed by persistent worries, stress and fears.



We worry about how to _____ the needs of our lives.

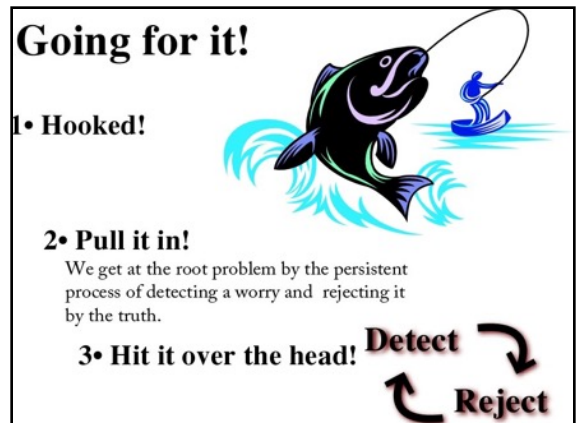
Going for it!

The root cause of all worry stems from not trusting God as we should for some deep, perceived need.

We put our confidence in another plan. Our worry demonstrates that plan is not working. How do you find your heart needs?

- 1) _____! Observe and catch it.
- 2) _____ it in! Deal with it.
- 3) _____ it over the head. Detect and reject.

We get at the root problem by the _____ process of detecting a worry and rejecting it by the truth.



Attacking the Problem

When we seek the Lord's will first, God gives us assurance that He will care for our other needs. In order to do this, we need to entrust our possessions and situations to the Lord. As we do this, we realize that the Lord is the One that can really help. So we stop trusting things and cast our trust upon God. This simple step of bringing our needs properly before God is actually rather strategic in this sense.

Reaffirming the truths

1. Do not be anxious (6:25-30)
Because He cares for you
2. Do not be anxious (6:31-33)
Focus on God's purpose and ways
3. Do not be anxious for tomorrow (6:34)
God's grace is sufficient for today.

• Definition of a _____.

Worries so much about tomorrow's tasks, that he does not get done today's jobs!

Do not be anxious!

25 "For this reason I say to you, **do not be anxious** for your life ...

31 "**Do not be anxious** then, saying, 'What shall we eat?' or 'What shall we drink?' or 'With what shall we clothe ourselves?'

32* "For all these things the Gentiles eagerly seek; for your heavenly Father knows that you need all these things.

33* "But seek first His kingdom and His righteousness; and all these things shall be added to you.

34 "Therefore **do not be anxious for tomorrow**; for tomorrow will care for itself. [Each] day has enough trouble of its own.

Finding Restoration

Relationships
Child's health
Losing my job
Research
Finances
Grades

I worry about _____. There are numerous worries. Only a few are mentioned. Circle or add others as relevant.

1. Affirm God's truths. Add relevant scriptural truths.
2. Ask Help for need. Confess every sin and change your life as stated.
3. Assess my situation. Be completely honest until it hurts. Dig deeper and deeper and welcome the Lord to examine.

Strike Down all the Idols

“Do not tremble and do not be afraid; Have I not long since announced it to you and declared it? And you are My witnesses. Is there any God besides Me, Or is there any other Rock? I know of none.

Those who fashion a graven image are all of them futile, and their precious things are of no profit; even their own witnesses fail to see or know, so that they will be put to shame.” (Isaiah 44:8-9).

Our worries reveal the presence of idols. Because of our wealth and flourishing society, we think we can handle everything. We think we live a God-free life. We make ourselves the idols.

“ Little children, guard yourselves from idols.” 1 John 5.21



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?



OA Handout Answers #09
on their own **needs**
on finding **solutions** for
focus on their **doubts**.
Declare the **truth** of God
desire for His **guidance** and
protection.
our personal Father
Ask **help** for needs
Assess our **situation**
truths are **relevant** to you
than our **possessions**.
cares for our **bodies**
Accept life's **unchangeables**
God's **design** to care
how to **satisfy** the
Hooked! Observe and catch it.
Pull it in!
Hit it over the head
by the **persistent** process
Because He **cares** for you
Focus on God's purpose
grace is **sufficient**