

#5 Overcome Anxiety with Peace



Replace your anxiety and worries with God's perfect peace!

Anxiety dramatically affects our lives

- The significant problems with worry.
- Peace is not neutral.
- God's peace is incredibly precious.
- The modern world finds worry troublesome but normal.

Make a Decision

"For My people have committed two evils: They have forsaken Me, the fountain of living waters, to hew for themselves cisterns, broken cisterns, that can hold no water" (Jeremiah 2:13).

- God-focused confidence,
- Lack of confidence, and
- Misplaced confidence.
- Our choice: Worries derive from a 'lack of confidence' in the Lord and, therefore, sin.



Understanding the Problem

- "Cursed is the man who trusts in mankind and makes flesh his strength, And whose heart turns away from the LORD" (Jeremiah 17:5).
- "Blessed is the man who trusts in the LORD and whose trust is the LORD, for he will be like a tree planted by the water" (Jeremiah 17:7).
- Anxiety reveals several things.
 - 1) One trusts in something other than the Lord (Romans 10:11).
 - 2) They need more trust in what they initially trusted.
 - 3) Doubted the Lord's ways - forsaken Him.
 - 4) Anxiety is a sign of the curse stage due to our lack of trust in God.

Understanding Anxiety

- Jesus' words, "Do not worry" (Mat 6)
- **Worry** comes from doubting God's willingness or ability to provide for a person's perceived needs.
- **God's peace** comes from trusting God to take care of our genuine needs.
- People worry over all sorts of things; unbelief is the source of worry.

Description of Anxiety

- One can't focus, overwhelmed, nervous, agitated
- Physical, emotional, and spiritual symptoms
- Engulf our whole lives.



History of Anxiety

- #1 Normal faith - the garden
- #2 Man lost his faith - the fall
- #3 Man tries not to worry - today
- #4 Remade in the image of God - in Christ (Col 3:10)
- #5 Believers can doubt God
- The solution is not to learn how to cope with worry but instead how to overcome anxiety.



The Entry of Worry

- Questions: What will happen? What will I do? etc., often become the root of doubt.
- They seem innocent but are often inserted in our minds to breed doubt (i.e., temptation)
- Several exercises emphasize finding these words for two reasons:
 - 1) They highlight how we are doubting God - fodder for confession
 - 2) Once recognized, they are easier to discern and reject as lies from the evil one.
 - 3) we are pinpointed to the truths we need to assert by thinking of the opposite.
 - e.g., "Why am I doubting you, Lord? Your ways are great. I much rather trust you!"
- Don't worry. Be careful; you might rely on your circumstances, riches, etc.

Steps to Overcome Anxiety

- Step #1 Identify what you are worrying about.
- Step #2 Discover what you doubt about God's care for you.
- Step #3 The truth reveals our sinfulness, weakness, and frailty => humbly confess
- Step #4 Truth about the cross leads to complete forgiveness and peace of heart
- Step #5 Truth about God, His glory, power, faithfulness, mercy, and goodness => thanks, trust, joy, and praise (Philippians 4:6)

Alert to Trouble Points

- It is challenging to discover one's anxiety until one starts worrying.
- It's hard to admit your anxiety due to pride.
- There's trouble identifying the disbelief in your anxious heart.
- You wonder whether God can help you with your anxiety (Is this another worry?).
- Knowing the truth about God is in one's head, but it's hard to believe.

Reminders

- Fight worry with truth (Word of God and facts).
- Start with humility (1 Peter 5:6-7).
- Honesty (Matthew 6:34)
- Use God's Word to rebuild trust (Philippians 4:6)
- For example, there is a fear of speaking (Jer 1:6-7).

Truths about God & His Ways

- ➡ *"Humble yourselves, therefore, under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety upon Him, because He cares for you" (1 Pe 5:6-7).*
 - Teaching: Start by humbling your heart
 - Teaching:
 - Teaching:

• Teaching:

• Teaching:

➡ *“Therefore do not be anxious for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.” (Matthew 6:34).*

• Teaching: Do not worry about the future

• Teaching:

• Teaching:

➡ *“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” (Philippians 4:6).*

• Teaching: No exceptions. You can't worry about anything.

• Teaching:

• Teaching:

The Victory Prayer

Draw it out on the right!

Life Application

- Anxiety is a spiritual malady, not primarily a mental health issue. Solutions must follow.
- Anxiety arises from not trusting the Lord for everyday concerns.
- The peace of God comes as we trust our Heavenly Father to watch over us carefully.
- Protection from extreme worry rests in deciphering and handling the clues of worrisome thoughts.
- The Holy Spirit leads us from worry and guilt through the cross to His glorious peace – the victory.
- We can trust our lives even though we do not see how He will care for us.

➡**Key: God offers His people a life above worry!**

Life Sharing

1. What symptoms do you have when you worry?
2. Do you believe God always cares for you even when you do not see how? Explain.
3. What is one worry phrase that comes to your mind? What doubt lies behind it?
4. Describe the peace of God. When have you experienced it?
5. **Home assignment:** Do exercises on anxiety.

The Gate to The Lord's Peace

