

### 5.31.20

#### “Anxiety is a BEAST!”

Text: Proverbs 3:5-6; Philippians 4:8-9

1. Anxiety will ‘suck the life’ out of you, IF you succumb to its \_\_\_\_\_.
2. An average person’s anxiety is focused on:
  - 40% - things that will \_\_\_\_\_ happen
  - 30% - things about the past that can’t be changed
  - 12% - things about criticism by others, mostly untrue
  - 10% - about health, which gets worse with stress
  - 8% - about real problems that will be faced
3. “Historians will probably call our era ‘the age of anxiety.’ Anxiety is the \_\_\_\_\_ result when our hopes are centered in anything short of God and His will for us.” (Billy Graham)
4. At its BEST, anxiety \_\_\_\_\_ us from our relationship with God.
5. Philippians 4:6-7 states: “...do not be \_\_\_\_\_ about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (7) And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”
6. When the Bible tell us “to not be anxious, but prayerful about all circumstances,” the instructions don’t stop there. Philippians 4:8-9 tells believers EXACTLY what we should \_\_\_\_\_ on. And it’s not fear, terrorism, death, evil, or the present pandemic.
7. “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me - \_\_\_\_\_ these things, and the God of peace will be with you.”
8. The 1<sup>st</sup> step to an anxiety-free mind is to \_\_\_\_\_ your life to Jesus Christ. Once you’ve taken that step, it’s important to FIX your thought on Jesus and the promise that He is preparing a place for His followers in heaven. (John 14:2-3)

9. Let us remember these truths when we are beginning to walk into the 'pool of anxiousness.'
- A. To be anxious is a \_\_\_\_\_, because it is a sin of a LACK of faith in God's ability to provide for your need.
  - B. God is our loving, and all-powerful heavenly Father who has promised to take \_\_\_\_\_ of His children.
  - C. We are not to allow ourselves to become anxious and fall into the trap of \_\_\_\_\_.
  - D. When we have a need for something, we must \_\_\_\_\_ God for it.
  - E. God will \_\_\_\_\_ hear our requests, and He will \_\_\_\_\_ give us an answer.
  - F. When God's \_\_\_\_\_ comes into your minds, anxiety goes out.
  - G. Peace and anxiety are polar \_\_\_\_\_.
  - H. God's peace will \_\_\_\_\_ our hearts and minds from every anxiety.