

God's strategy for overcoming Anxiety

1. **We must focus on what God says not what we feel.** God cares for you when you feel like He doesn't. Mk 4:37-38 "don't you care that we are perishing?"
 - a. Anxiety is a spiritual issue. It refuses to believe what God says. V. 7-9 This is evident by its antidote. Our response to anxiety is to be firm in our faith (God's Word), this indicated anxiety is the absence of this.
 - b. Anxiety is a subtle pride issue. V. 6
 - c. Anxiety is a catastrophic issue. It exposes to being 'devoured' by Satan. V. 8
 - d. Anxiety spiritually intoxicates our thinking by deadening it to biblical truth. It consumes our thinking pushing out truth. 5:8
 - i. **"Be on the alert"** - to stay awake and alert; keep your eyes wide open to impending crucial situation. Be alert is sometimes used of being awake as opposed to sleeping. 1 Thes. 5:10
2. **We must replace unbelief with belief in what God tells us in His Word.**
1 Peter 5:6-9
 - a. **Anxiety must be resisted.** (aor. Imperative.) We must fight it.
 - i. **'Firm in your faith'** Anxiety must be resisted by believing and trusting God's Word.
 - ii. **'firm' = solid in contrast to being soft. Heb. 5:12,14**
 - iii. We must recognize and replace unbiblical thinking. 2 Cor. 10:4-5
 - iv. We choose to set our minds on things above not on the earth. Col. 3:1-5
 - v. Rom. 12:2 Our renewed minds transform our living.
 - vi. Romans 8:4
 - b. **Anxiety must be replaced with specific biblical action and truth. 1 Pt 5:8-9**

A biblical plan of action in the midst of great Panic: Philippians 4:4-9

1. Recognize and repent of Anxiety. 4:6

2. Pray about everything. Philippians 4:6-7

- a. Pray about everything "be anxious for nothing but pray" Nothing is too small or big for God. Psalm 139:16-18
- b. Anxiety is the divine signal to pray.

- c. Prayer is the way we cast our anxieties on Him (1 pet. 5:7).
- d. Prayer about everything keeps anxiety from building.

3. Supplication. Continually give God your requests.

- a. **Specifically roll upon God the needs you have. “let your requests be made known continually to God”**
- b. **Leave it there. When it rolls back. Roll it back onto God.**
- c. **The specific request indicates a specific trust in God to take care of you. Matt 6:25-33**
- d. **The request indicates we trust and wait on god, rejoicing in His care in the midst of uncertainty.**
 - i. **Isaiah 40:26-31**
 - ii. **Esther 4:16 “If I perish, I perish”**

4. Be thankful about everything. “with thanksgiving”

- a. Rejoice in the Lord always. Again I say rejoice! 4:4
- b. The Lord is near 4:5
- c. Anxiety cannot coexist with thankfulness. Anxiety builds in its absence.
- d. How to be thankful?
 - i. 1 Pet 5:6 - He is in control. He cares. He is present. (Phi. 4:5);
 - ii. Phil. 4:12-13 - Being content, knowing through Christ we will be able to be enabled to do anything God calls us to endure.

5. Wait on God. His peace will certainly guard and protect your mind.

- a. The peace of God comes IN the prayers to God. HE changes the heart. He protects the runaway distracted mind. HE does it certainly, universally, unconditionally with no change in our circumstances.

6. Make your greatest desire God. Philippians 4:4 Rejoice in the Lord. Psalm 37:1-4; Psalm 16:8-11

Resources:

Safe in the Storm- Biblical strategies for overcoming anxiety. By Phil Moser, Scripture memory set which includes the book and scripture memory cards. (practical tips for applying God’s truth to your specific anxiety.)

Anxiety Attacked, by John MacAurthur