



Adult EQUIP Study – Wednesdays @ 6:30pm

God's Cure For Anxiety

April 8, 2020

Philippians 4:6-7: Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

What does “worry” (*mermina*) mean?

It's used both positively and negatively in Scripture.

Negatively – Matthew 6:25-34

Positively

Romans 12:25-26

2 Corinthians 11:28

Philippians 2:19-23

Worry or anxiety is concern that is the result of lack of faith and wrong beliefs that leads to fear of man, focus on self and circumstances, and failure to glorify God and love and serve others.

Concern is trust in God, based on His truth and promises that produces peace in our hearts and minds no matter what the situation, leading to a life that glorifies God and loves and serves others.

We are . . .

Commanded not to worry – Philippians 4:6a

Reminded that it's a process – Philippians 4:6b

Instructed how to handle it – Philippians 4:6c

Focused on the source of our deliverance and prevention – Phil. 4:6d

Two Parts Of Deliverance From Worry

1. God Has Promised Relief

Divine peace

Above understanding

Guarding us

We don't feel things automatically.
Stimulus → Thought → Emotion → Action

2. Learn, Know & Believe God's Truth

You cannot stop things from happening, nor is it easy to stop worrying once you've started.
You can transform the way you think so that you respond differently to circumstances and no longer worry.

How can you keep anxiety from happening?

- A. Accept Your Own Lack Of Control
- B. Stop Trying To Control Your Feelings With Your Feelings
- C. Transform Your Thoughts By The Word Of God

The prayer of faith comes from a heart controlled by a mind submitted to God's design.

Romans 12:1-2: ¹Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. ²Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.

4 Realities To Transform Your Mind

- 1. The battle for your heart is in your mind – 2 Cor. 10:5
- 2. The weapons of your warfare are more powerful than feelings – 2 Cor. 10:3-4
- 3. The Word of God is your weapon, wielded through prayer – Eph. 6:17-18
- 4. You are responsible to focus your mind on God's Word – Philippians 4:8-9

No one can pray you into peace.

Scripture for your battle.

Isaiah 26:3
41:10-13
43:2, 5
44:8
51:7

- What are you anxious about today?
- What did you worry about that did not come to pass?
- What price are you paying for your worry?
- Is there a lie you believe that is leading you to worry?
- What is the truth of God's Word about your worry?

Resources: 5 Things You Might Not Know About Anxiety, Josh Hunt (FB)
How To Handle Anxiety In Troubling Times, Strategic Renewal (FB & CBC website)

