

“Dealing with Anxiety”

Emotions Series #2

September 13, 2020

Last week: “If it’s big enough to worry about, it’s big enough to pray about.”

1. TALK TO YOUR FATHER.

- Anxiety is a signal alerting you that it’s time to PRAY.
- Concern vs Worry: Concern leads to PLANNING and ACTION.

Phil 4:6-7 – ***“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”***

- Delight in the Lord and meditate on His Word are great antidotes to anxiety. (Ps 1:2, 37:4)
- If it’s on your MIND, it’s on God’s HEART.
- Remember: God loves YOU. (John 3:16)
- 1 Peter 5:7, Psalms 55:22

2. TALK TO YOUR FEELINGS

- You are MORE than your feelings. (Feelings are REAL but not necessarily TRUE.)
- Speak to your feelings. Speak SCRIPTURE. “Word of God is alive and powerful ... “

2 Cor 10:5 – ***“Casting down imaginations, and every high thing that exalts itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ”***

- Talk to your FEELINGS about your FAITH. Jesus did.
- Goal – to align your FEELINGS with your FAITH.
- Do you feel ---
 - God doesn’t LOVE you? Truth: He does. (John 3:16)
 - You’re alone? Truth: He’ll never leave you. (Heb 13:5)
 - Worried about money and stuff? Truth: God shall supply. (Phil 4:19)
- Jesus understands.

Hebrews 4:15-16 – ***“For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace so that we may obtain mercy, and find grace to help in time of need.”***

3. TALK TO YOUR FRIENDS.

1 Sam 18:3 – ***“A good friend is a blessing from God.”***

- Jesus had and needed friends too. Mark 14:32-34

4. BE THERE FOR YOUR FRIENDS.

- We need friends – (But friendships – like flowers – require attention) John 13:34
- Don’t wait for your friend to ask you for help. Just be there.
- Don’t rush your friend through their pain. Just be there.
- Don’t try to give your friend a “magic bullet.” Just be there.
- Don’t trivialize their hurt. Just be there.
- Sometimes silence is golden.

Rom 12:15 – ***“Rejoice with those who rejoice, weep with those who weep.”***

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