

Answers for Anxiety

I must avoid anxiety like the plague that it is! In dealing with the Evil One, the Bible says we are to “resist” Satan and “he will flee from us.” That’s the attitude we need for anxiety as well – one of resistance and avoidance! Here are some steps to take.

STEP ONE: ACKNOWLEDGE ANXIETY’S ^A _____ EFFECTS.

From the writings of Charles Stanley, a well-known Preacher, comes these 7 harmful effects:

1. Anxiety ^B _____ the mind.
2. Anxiety slows your ^C _____.
3. Anxiety leads to ^D _____ decisions.
4. Anxiety steals your ^E _____.
5. Anxiety is a terrible waste of your ^F _____.
6. Anxiety can be devastating to your ^G _____.
7. Anxiety affects your ^H _____.

STEP TWO: ACCEPT ^I _____ SOLUTIONS.

Avoiding Anxiety

- ^J _____ > FEAR (2 Timothy 1:7 – “for God has not given us the spirit of fear”)
- ^K _____ > PRESSURE (1 Samuel 1:10; Romans 8:26_
- ^L _____ > SELF-CONTROL (Galatians 5:16-25 – “Walk by the Spirit”)
- ^M _____ > STRESS (Psalm 73:26 – “God is the strength of my heart.”)
- ^N _____ > SATAN (John 8:42-47)

STEP THREE: ^O _____ EVERY THOUGHT. 2 Corinthians 10:5 – “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

STEP FOUR: TAKE CARE OF YOUR ^P _____.

Jeremiah 30:17 – God says, “I will restore you to health and heal your wounds.”

3 John 2 – “I pray that you may enjoy good health...even as your soul is getting along well.”

1 Corinthians 6:19-20 – “...your bodies are temples of the Holy Spirit...therefore honor God with your bodies.”

STEP FIVE: LET JESUS ^Q _____ YOUR SOUL. John 14:27 – Jesus says, “Peace I leave with you; my peace I give you. I do not give as the world gives. Do not let your hearts be troubled and do not be afraid.” In Matthew 11:28, “Come to me, all you who are weary and burdened, and I will give you rest.” Summing it all up – HOW do I avoid Anxiety? It’s as simple as our theme verse, “Cast all your anxiety on him because he cares for you.”

Peak Passage of the Week “Cast all your anxiety on him because he cares for you.” 1 Peter 5:7

Avenues of Anxiety Fill In The Blanks— ^Acause, ^Bsymptom, ^Cfear, ^Dfailure, ^Erejection, ^Fdeath, ^Gunknown, ^Hour Children, ^Ifear Not, ^Jpeople, ^Kloneliness, ^Lexpectations, ^Msin, ^Nsatan’s, ^Onot, ^Pnormal



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Daily Devotionals or Bible Studies

Avoiding Anxiety

#3 September 2020

1. Look over the seven harmful effects of anxiety in Step One. List the three that you see most common in your life. Write out some specifics as to how these affect you. There is power in acknowledgment.
2. In Step Two, five godly solutions are listed for us to embrace the truth of God's Word and the superiority of God through Christ and the Holy Spirit working in our lives. How will you embrace and implement each of these into your daily struggles with anxiety?
 - Faith is greater than fear
 - Prayer is greater than pressure
 - Spirit-control is greater than self-control
 - Strength is greater than stress
 - Savior is greater than Satan
3. In Step Three, how does the image of "taking captive" your thoughts resonate in your mind. How can you do that? What are some wrong thought patterns you are dealing with?
4. Are you taking care of your body? Why is this step listed when the struggles of anxiety are often connected to the functioning of the mind and the spirit? What do you need to do for your body?
5. The thought of Jesus calming our souls is a beautiful thing. Why is it so hard to experience? What can you do to receive the "peace" that only comes through Christ?