

ANXIETY

- **What winds you up?**
- **Symptoms**
- **Stress**



WHY GOD HATES IT AND WHY I SHOULD HATE IT

- **Separates us from a living experience of His love and presence**
- **Compromises our treatment of others**
- **Stunts who we can be for Him**
- **Invites spiritual oppression**

1. ANXIETY SEPARATES US FROM A LIVING EXPERIENCE OF HIS LOVE AND PRESENCE



Romans 14:17 – the Kingdom of God is righteousness, peace and joy in the Holy Spirit

Fear dislocates us from love,
peace and faith
God's perfect love drives out
fear

2. ANXIETY COMPROMISES OUR TREATMENT OF OTHERS

- **Best way to bring out the worst in people: increase their anxiety. Best way to bring out the best: lower the anxiety. Danny Silk**
- **The lie that you can control others is the root of all relationship issues.**
- **Become defensive... easily triggered**
- **We miss what God could do in relationships**

3. ANXIETY STUNTS WHO WE CAN BE FOR HIM



- It robs power, distorts reality and ultimately destroys destinies
 - Our creativity is cut down
 - The way we view our life and situations ... can't see the possibilities
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- *You only have authority over the storm you can sleep in.*

- You being a shadow of yourself does not help your world
- You were created to hope great things, and to expect great things



*2 Tim 1 v 6,7 Fan into
flame the gift.... For God
did not give us a spirit of
timidity, but a spirit of
power of love and of
self-discipline*

Triggers for anxiety

- Mental triggers
- Emotional triggers
- Physiological triggers

4. ANXIETY INVITES SPIRITUAL OPPRESSION



**LIES ARE THE GLUE THAT HOLDS A
STRONGHOLD TOGETHER
LIES BIND, TRUTH SETS FREE**



- **There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love – 1 Jn 4:18**



- **There is no room in love for fear. Well-formed love banishes fear. Since fear is crippling, a fearful life — fear of death, fear of judgment — is one not yet fully formed in love – 1 Jn14:18 (Message)**



Amplified Bible (AMP)

- **1⁸There is no fear in love [dread does not exist], but full-grown (complete, perfect) love turns fear out of doors and expels every trace of terror! For fear brings with it the thought of punishment, and [so] he who is afraid has not reached the full maturity of love [is not yet grown into love's complete perfection].**

- *Having revelation on God's love for us and placing our faith in that love is the only antidote for fear. We can relax and live free from worry and fear when we know that God is good and that He loves us. He loves us with a perfect, full, and complete love. He loves us unconditionally, which means there are never days-not even moments-when God does not love us. Knowing this helps us feel better about ourselves, and it also delivers us from tormenting negative emotions such as worry and fear - **JOYCE MEYER***

- PHIL 4: ⁴ **Rejoice in the Lord always.** I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. **The Lord is near.** ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, **present your requests to God.** ⁷ **And the peace of God,** which transcends all understanding, will **guard your hearts and your minds** in Christ Jesus.

- *If we want the peace without understanding,
we have to give up our right to understand –*
Bill Johnson







- ⁴⁻⁵Celebrate God all day, every day. I mean, revel in him! Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute!
- ⁶⁻⁷Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when **Christ displaces** worry at the center of your life.

- ⁷And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall **garrison** and mount guard over your hearts and minds in Christ Jesus – Amplified Bible



MEDITATE

- If you know how to worry, you know how to meditate. It means to think of something over and over. [Meditation](#) on God's Word is one of the major ways you can find deliverance from worrying. Just as we once formed a habit of worrying (meditating on the problem), we can form a new habit of meditating on God's Word. Take portions of Scripture that comfort you, and roll them over and over in your mind. Do it on purpose! – Helen Mellincost

- **John Ortberg Jr. quotes**
- “Never worry alone. When anxiety grabs my mind, it is self-perpetuating. Worrisome thoughts reproduce faster than rabbits, so one of the most powerful ways to stop the spiral of worry is simply to disclose my worry to a friend... The simple act of reassurance from another human being [becomes] a tool of the Spirit to cast out fear -- because peace and fear are both contagious.”

