

How to Stay Afloat

In a World That's Circling the Drain

How to Remove Anxiety From Life

Session Two - 1/31/08

Introduction

Fear is an amazing emotion! Most often, it is rooted in our current situation. Where is fear directed? Almost always it is into the future. We are prone to project current events forward, mix them with woeful elements not yet existent, and arrive at a miserable conclusion. Fear of the future is the name of the game. You have a choice! You can be an ongoing victim of the common emotional tendency, or you can take control and discover the process of removing anxiety.

HOW TO REMOVE ANXIETY FROM YOUR LIFE

Two Contrasts of Anxiety

Three Theories Regarding the Bottom Line

1. The Heir

He was anxious, and he shouldn't have been.

2. The mogul

He wasn't anxious, and he should have been.

Definition of Greed:

Wanting more than you need today, so much that you'll do whatever you have to do to get it.

Two Causes of Anxiety

1. Definite need

2. Desirable Excess

Income = Living Expenses: *Sustenance*
Income Assets: *Security*
Image Assets: *Satisfaction*

Two Tendencies Toward Anxiety

1. For needs:

Worry

Chase income

Avoid spiritual growth until the income level is high enough to ensure security

2. For excess:

Worry

Accumulate assets

Avoid spiritual investment until the asset level is high enough to ensure satisfaction

Two Directions About Anxiety

1. Don't worry about your income

2. Don't worry about your assets

Two Promises Beyond Anxiety

1. God will meet your needs on earth

2. God will protect your assets in heaven

Two Priorities About Anxiety

1. Pursue spiritual growth

2. Fund kingdom projects

Removing Anxiety From Your Life

1. Believe God's promises

2. Pursue God's priorities

3. Pray God's involvement

4. Praise God's faithfulness

5. Experience God's peace

6. Share God's perspective

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