

Living to Win Over **Anxiety**

It was Gene Wilder who gave us the classic expression of twentieth-century worry! His movie, “High Anxiety”, took its viewers through two hours of open-pored tension as his mindless plot stimulated the well-developed sense of worry that most Type-A people have come to call normal.

There is a known antidote to the disease of anxiousness, however. It is the compound called “faith”. The late Englishman George Muller said it this way:

The beginning of anxiety is the end of faith. The beginning of true faith is the end of anxiety.

If the weight of concern has ever taken you under; if you are no stranger to worry-induced insomnia; if you have been known to concern yourself in advance with the inevitabilities of life; if you have used black from the palette of life; this session is for you!

God’s Insights on Anxiety

1. Things not to worry about

Necessities – Matthew 6:25-26

Uncertainties – Matthew 6:27

Frivolities – Matthew 6:28-30

2. Reasons not to worry

It offends God – Matthew 6:31-33

It weakens you – Matthew 6:34

It denies reality – Luke 12:11-12

3. The greatest risks in worry

It will choke your growth – Mark 4:18-19

You will miss the boat – Luke 21:31-36

The Ultimate Solution

Do not be anxious about anything; but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all human understanding will guard your hearts and minds in Christ Jesus.

Philippians 4:6-7

- 1. You have the ability to stop worrying!**
- 2. You can trust God in every area of your life!**
- 3. You have to be willing to give Him control!**
- 4. You can expect Him to give you peace!**
- 5. You will experience emotional and intellectual relief!**