



ANXIETY

How to overcome

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What is Anxiety ?

- ▶ The experience of worry and concern
- ▶ A feeling of worry, nervousness
- ▶ Strong concern for something to happen

Why do people have Anxiety?

- ▶ A big event or build up of smaller stressful situations may trigger anxiety
- ▶ Eg:
 - ▶ A death in the family
 - ▶ Work stress
 - ▶ Ongoing worry about finances
 - ▶ Worry about future
- ▶ *Story of the believer who couldn't sleep due the share price gone down overnight*

Unnecessary worry

- ▶ Ecc 2:22-23

“What do people get from their toil and pain under the sun, all they get is pain and grief. At night their minds do not rest. All are meaningless”

- ▶ Eze 4:16-17 God said to Ezekiel

“God cut off food and water to Jerusalem, they will eat rationed food and drink, in anxiety. And they waste away because of their sin”

What happens when people worry?

1. They lose their rest and peace of mind
2. They get angry
3. Fall into depression
4. Anxiety weighs us down
 - ▶ Pro 12:25 "Anxiety weighs down the Heart"
5. Anxiety will choke the word of God inside us making it unfruitful – Mk 4:19
 - ▶ Whenever we read or meditate the word, due to anxiety/worry we won't be able to concentrate, making it unfruitful

Jesus knew Anxiety will get to the believers

- ▶ He gave the sermon on anxiety
 - ▶ Mat 6:25-34, Lk 12:22-31
 - ▶ “Do not Worry”
 - ▶ Do not worry about your life
 - ▶ What you will eat or drink..
 - ▶ About your body..
 - ▶ How much people spent on beautifying the body, which will perish
 - ▶ What you will wear
 - ▶ Dress, Ornaments, Fashion items etc.....
 - ▶ Is it not **LIFE (Eternal Life)** more important than these?
 - ▶ Can anyone add a single day to the life by worrying?

Jesus questioning our FAITH?

- ▶ **Verse 30**

“Don't you believe, if God can cloth the grass of the field, the birds of the air, can't he provide you?”

- ▶ Where is our faith in this regard?

- ▶ He says pagans worry about these things and run after them, not my followers

- ▶ **Verse 31**

He says “Seek His kingdom first and everything will be added to you”

- ▶ Do not worry about tomorrow...

- ▶ Let not anxiety rule over you...

Anxiety is a spiritual bondage

- Anxiety brings **fear** in you; the spirit of fear conquers you
- It brings **depression**
- Luke 21:34
 - “Be careful, or your hearts will be weighed down with **carousing, drunkenness and the anxieties of life**, and that day will close on you suddenly **like a trap.**”
- Your **relationship** with God will be affected

Cure for Anxiety

- ▶ Ecc 11:10 Says “Banish anxiety from your Heart and cast off the troubles of your Body”

God’s promises to remove anxiety ...

- ▶ Ps 94:19 “When anxiety is great in my heart, your consolation brought me Joy”
- ▶ 1Pet 5:7-9 “ Cast all your anxiety on him, because he cares for you. **Discipline yourselves, keep alert.** Like a roaring lion your adversary the devil prowls around, looking for someone to devour. **Resist him, steadfast** in your **faith**, for you know that your **brothers and sisters** in all the world are undergoing the **same** kinds of **suffering.**”

We must pray continuously

- ▶ Prayer can conquer the anxiety
- ▶ Do deliverance on your anxiety
- ▶ Philip 4:6

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

Steven Furtick

“The enemy that you fear today will be your testimony of triumph in your tomorrow”