

GOD'S REMEDY FOR ANXIETY

Finding Peace In A World That's Worried



Do you often find yourself weighed down with anxiety and worry?

Some professionals estimate that at least one third to one half of all Americans have major levels of anxiety.

Most people recognize that worry of any variety takes a toll on their mental wellbeing.

The world offers a myriad of practical suggestions for battling anxiety.

Stress that goes on and on, however, even if it's related to normal, everyday difficulties, produces effects that are unhealthy.

Many of the things we worry about
are small things while others
are significant.

But it's far more helpful to recognize
that there is One who has conquered
anxiety.



Part 1: Don't Worry About Anything?

*“Be careful for nothing; but in every thing by
prayer and supplication with thanksgiving
let your requests be made known unto God.”*

Philippians 4:6

Could it really be possible to stop giving in to anxiety and worry?

Experiencing the temptation to worry,
and giving into the anxiety, are two
different things.

God is the one who provides the ability and the strength to grow in battling anxiety.

Recognizing that God is the one who
brings growth doesn't mean that
there's nothing you need to do.

If you're not already in the habit of praying, start small and ask Him for help.

Prayer



Heavenly Father, I want to grow in my communion with You.

I recognize how easily I can depend
on myself instead of casting my
burdens on You.

Please teach me to run to You quickly.



Part 2: God's Perfect Love

“There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.”

1 John 4:18

Because you are God's child, you can know that He loves you very much.

And everything really does mean
everything!

Prayer is simply talking with God, the way you'd talk with a close friend.

You are welcome to entreat God for help or a favor, remaining mindful of his power and might.

Prayer



Father, thank you that
your perfect love casts
out all fear.

Forgive me for the times when I
haven't rested in your perfect love.

Right now, I give all my worries to you.



Part 3: Gratefulness Drives Out Worry

“If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?”

Matthew 7:11

Life can get overwhelming. We're easily discouraged or burned out when things are beyond our control.

One of the best ways is to describe past and current blessings.

We rejoice and are filled with an inexpressible joy when we experience the love of Christ and put our faith in him.

An attitude of thanksgiving has a connection to experiencing inward peace.

Instead of focusing on the negative things in front of you, turn your attention to all the amazing ways that God has blessed you!

Prayer



Father, thank you for all the amazing blessings you have poured into my life.

But beyond that, you've given me so
much more.

Today, I am choosing gratefulness
over anxiety.

A photograph of a woman with long dark hair, wearing an orange dress, kneeling in prayer at a marble altar in a church. She is facing away from the camera, looking at a painting of the Virgin Mary and a crucifix. The altar is made of white marble and has a white cloth on it. There are some flowers on the altar. The background shows the interior of the church with columns and a painting on the wall.

Part 4: Specific Prayers For Specific Worries

*“Ask, and it shall be given you; seek, and ye
shall find; knock, and it shall
be opened unto you.”*

Matthew 7:7

Throughout the Bible, God invites you to bring very specific prayer requests to Him.

If God already knows what we need,
why should we ask Him?

Tell God specifically what you want or need, and ask Him to provide that for you.

This doesn't mean you'll get everything you ask for, or that God will always solve situations in the way you are hoping He will or in the timing you prefer.

God may know that what we're requesting isn't necessarily the best solution.

Prayer



Father, thank you for inviting me to
bring my specific requests to you.

Help me to trust you in times of
waiting.

When I'm weighed down, help me to
come to you rather than trying to
figure everything out on my own.



Part 5: All Things For Good

“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”

Romans 8:28

God is infinitely wise. The Bible reminds us that there are things which we won't be able to comprehend here and now.

But because God is all wise, good, and powerful, you can trust Him even when you don't understand your circumstances.

We need help from someone wiser,
stronger, bigger.

Because God is loving, merciful, and kind in addition to all-knowing, you can trust that He knows exactly what types of worries you're experiencing.

Prayer



Father, I thank you that you are
working all things together for my
good.

But I do believe that you know exactly
what you're doing.

Though I may not know why
something happens, I know that
you're good and that nothing happens
apart from you.



Part 6: God Is Dependable

“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”

Isaiah 41:10

From before the beginning of time and forever into eternity, our God has not, does not, and will not change.

If you've struggled with fear and anxiety for a long time, you might be tempted to think that you're never going to make any progress.

But the good news is that God is the only one who can change us.

You can trust God to write your life story.

It's very possible that in the years ahead, you'll look back and ask yourself why you worried so much.

Anxiety is often the result of looking into the future and trying to figure out what will happen.

God's wisdom is more than just intelligence or knowing facts and figures.

Prayer



Father, I praise you that you are
always dependable.

Forgive me for trying to figure out the
future instead of trusting you.

By your power, I will trust
in your wisdom more than my own.



Part 7: Could Anxiety Actually Be A Blessing?

*“In the multitude of my thoughts within me,
thy comforts delight my soul.”*

Psalm 94:19

Anxiety never feels like it's a good thing.

It's possible that battling anxious thoughts could be beneficial for you in ways you aren't seeing clearly right now.

What if anxiety guides you into a greater awareness of God's great power and love, or helps you to see truth more clearly?

As you experience anxious thoughts and feelings, consider the different things that God might be teaching you.

Let anxiety be a teacher for you.

Prayer



Father, I thank you that you are with me even when I'm experiencing anxiety.

When I feel anxious or worried, help
me to see the lessons you have for me.

Help me not run from anxiety, but
have eyes to see all the good things
you're doing behind the scenes.

A portrait of a young woman with blonde hair, wearing a grey beanie, round glasses, and a striped sweater. She is resting her chin on her hand and looking thoughtfully upwards and to the side.

Part 8: Never Alone

“Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.”

Deuteronomy 31:6

Scripture promises you that God will always be with you through this life and beyond.

Doesn't that encourage you?

There may be times when you feel like
you're alone, but you're not.

Don't ever believe the lie that you've
been abandoned by God.

He will never leave you or forsake you.

Prayer



Father, thank you that you will never leave me or forsake me.

Help me to rest in your constant presence. Your presence is my peace.

Forgive me for the times when I
haven't taken refuge in your presence.



Part 9: Anxiety Is A Liar

“Which of you by taking thought can add one cubit unto his stature?”

Matthew 6:27

Anxiety and worry are kind of silly
when you think about it.

Imagine for a moment that anxiety
(fear) is actually a person.

And if you pay close attention, you'll probably notice that most of your anxious thoughts don't include God in the picture.

And the truth is, the devil really does want you to be so preoccupied with worry that you forget about God.

Prayer



Father, forgive me for all the time I've
wasted worrying.

By your power, help me to spend
more time thinking about you and all
the ways you bless me rather than my
anxiety.

I know that anxiety is a liar and that
you always tell the truth.



Conclusion: Trusting In God To Change You

Ephesians 3:20 says,

“Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us...”

Your Father in heaven knows the
plans He has for you, and those plans
are good ones.

Peace in the midst of trouble is a process of growth.

We may struggle with fear and worry now, but as we ask God for help, He will begin to transform us.