



Handout September 1, 2023

Know My Anxieties

Welcome back and here we go!

Anxiety - something we all share to varying degrees. Some are more anxious than others, but make no mistake, we all get anxious. We get anxious over tests, health, relationships, money, the future, and on and on it goes!

The Bible says a lot about anxiety and many of the Psalms show King David being extremely anxious. So, what is the solution?

Simply put --- a better relationship with God. Learning Faith-Rest. Knowing what God has said and believing Him at His Word.

Psalm 139:23-24 'Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, And lead me in the way everlasting.'

1. God _____ my anxieties!

Psalm 139 is a wonderful story of God's love for us and His all-knowing of each person. From before you were formed to your eternal existence in heaven, God knows you.

2. God is _____ of your _____!

"Anxiety" - intense, excessive, and persistent worry about everyday situations.

Some people have clinical anxiety disorders. Some people grew up with anxious parents. Others became anxious as kids. I can tell you....

3. No one stays _____ if they trust God _____!

Luke 12:22-31

Here it seems that anxiety is linked to basic necessities: food, clothing, shelter, etc... But, I think for most of us, anxiety is situational and often tied to relationships and health as well.

What are you anxious about today? Is it healthy? How are you trusting God in this time of trial?

Isaiah 26:3 'You will keep him/her in perfect peace, Whose mind is stayed on You, Because he/she trusts in You.'

Perfect peace. I would love that. I do love that! Have you ever experienced perfect peace --- maybe laying in the shade, reading a book, perfect temperature, tummy full, no worries, just relaxation? If only life was always like that. But sadly, it is not.

John 16:33 'These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.'

John 14:27 'Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.'

Jesus said we will have trouble. I believe Him, but He also said be at peace.

Real life example (Deborah). This is a person who has clinical anxieties. What is her solution?

Scripture memory and Faith-rest.

Do I have anxiety? Yes.

So, in saying all this, let's explore healing. There are steps:

A. _____ there is a problem!

B. _____ God!

We need to find out what God says about each circumstance.

Do you believe God cares?

Do you believe He is able to help?

Do you believe He will help?

How you answer these questions will determine if you can find peace.

C. _____ a stand!

Psalm 121:1 'I will lift up my eyes to the hills— From whence comes my help?'

A Faith Statement! Your help comes from the Lord.

Psalms 46:1-3,10 'God is our refuge and strength, A very present help in trouble. Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea; Though its waters roar and be troubled, Though the mountains shake with its swelling. Selah. Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!'

D. _____ God at His word.

Psalm 94:17-19 'Unless the Lord had been my help, My soul would soon have settled in silence. If I say, "My foot slips," Your mercy, O Lord, will hold me up. In the multitude of my anxieties within me, Your comforts delight my soul.'

What do I do? Well last week's message talked about:

- *Not looking at the problem but looking to God. We "walk by faith, not by sight."* This message is an extension of last week's.
- Keep turning back to God. He knows your anxiety. If you are anxious, seek Jesus in the Word.
- Learn about Faith-Rest.

Wouldn't you like to have rest? Ask me for the Faith-Rest handout.

Next Friday, September 8th, Roy will be leading the service --- his first time running the whole show!!! All of you need to support him. Some of us will be camping!