**Let’s Crush Anxiety Forever!**

John 10:10 : "The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full."

Satan wants our suicide. He wants us to be so obsessed with everything we are not, everything that we do not have, and when we live this way, our eyes fall far from Jesus and it’s difficult to find a reason to live. We will lose the battle every time if we look to feelings, opinions or our own sayings.

**Satan's goal = depression, anxiety, worry, hating life, doubt & stress**

The good news is that we have a mighty, savior, protector and king who calls you, his friend. Satan can do all he wants but at the end of the day, God won the war. The truth will set you free baby!

**God’s goal= prosperous & successful life, never be enslaved to lies or any yoke of slavery ever again**

So, take your bibles and let’s start letting Jesus fight for us!

Go to these verses and right each out down on a separate note card :

Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

Galatians 5:1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery

Psalm 94:19 When anxiety was great within me, your consolation brought joy to my soul.

Proverbs 12:25 An anxious heart weighs a man down, but a kind word cheers him up.

Isaiah 35:4 Say to those who have an anxious heart, 'Be strong, fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you.

Nehemiah 8:10 The Joy of the Lord is my strength

1. Write down the lie
2. Take a darker colored marker & write a cross over the lie
3. Write a biblical truth/ verse on top of or next to it

Jesus wants you to live a free life! But often the voices in our mind can feel so incredibly loud. Make sure to recite the verse of truth every time the lie comes into your thoughts. Say the bible verse out loud or write them down every time.

Reminder: Put your armor on 1st thing every morning & before/after every event/hangout of the day