

## Can Christian's have Anxiety?

Anxiety - “a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.” PSYCHIATRY definition of anxiety - “a mental condition characterized by excessive apprehensiveness about real or perceived threats, typically leading to avoidance behaviors and often to physical symptoms such as increased heart rate and muscle tension.”

### **Anxiety starts with thoughts.**

- Some thoughts may be us replaying a conversation, reliving our prior experience around the subject, or we might just be consumed with worry about the unknown future.

2 Corinthians 10:5 - We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

- If God is with us in the present but we are meditating on the past or unknown future, no wonder we lose our peace.

Matthew 6:34 - So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

### **Anxiety leads to *physical* ramifications.**

- Avoidance ... from people, chores ... life.
- Physical stress - nervous, cardiovascular, digestive, immune, and respiratory systems.

***Yes, a Christian can have whatever they want ... and all humans have emotions given to us by God ... the real q is, does anxiety/feelings lead us more than God?***

- ❖ Matthew 6:24-34 - “No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money. “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life?“ And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?“ So don't worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ **These things dominate the thoughts of unbelievers**, but your heavenly Father already knows all your needs. *Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.*“ **So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.**

## How do we keep our peace rather than letting anxiety consume us?

- Take a complete stand against,
- Refuse to be moved,
- Know your true enemy,
- Hold thoughts captive,
- Don't fall prey to lies,
- Don't be double-minded

James 4:7 - So humble yourselves before God. Resist the devil, and **he will flee** from you.

1 Peter 5:9 - Stand firm against him, and be strong in your faith. Remember that your Christian brothers and sisters all over the world are going through the same kind of suffering you are.

Ephesians 6:11 - Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.

### **Prayer**

- ❖ Prayer must be an exchange. Exchange worry for peace. Exchange in conversation with God.
- ❖ Constant prayer over the same issue will result in worry, not peace.
- ❖ Declarations are a form of prayer that will bring an exchange in your heart.

Joshua 1:8 - Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.

Philippians 4:8 - ...Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

### **Thanksgiving**

- ❖ If you are thankful, you can't be worried at the same time.
- ❖ Thanks brings us into the presence of God. (So...worry brings us into the presence of the devil)
- ❖ Psalm 100:4 - Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name.
- ❖ Philippians 4:6-9 - Don't worry about anything; instead, pray about everything. Tell God what you need, and **thank him for all he has done**. **Then** you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep **putting into practice** all you learned and received from me—everything you heard from me and saw me doing. **Then** the God of peace will be with you.
  - **Pray + Thank = Experiential Peace**
  - **Monitor your thoughts = God of Peace is with you**

### **Practice**

- ❖ Make a plan for success, then put it into practice.
  - What are you thinking about?
  - List 10 things you're thankful for when worry starts.
  - Look for stressors & eliminate if possible. What are you willing to change?
  - Keep short accounts. Forgive quickly. Repent quickly. Keep God's laws.
  - Work on recognizing when you have lost your peace so you can find it again.
  - Have you believed a lie? Make scripture declarations until you believe it.
  - Think about others instead of yourself. Send someone encouragement.