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| **TOPIC** | **BE ANXIOUS FOR NOTHING** |
| **DATE** | Sunday, May 25, 2025 |

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| **MEMORY VERSE** | “Be careful for nothing; but in everything by prayer and supplication with thanksgiving, let your request be made known to God”. *Philippians 4: 6* |
| **BIBLE TEXT** | **Philippians 4: 6 - 9** |

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| **INTRODUCTION** |
| “American Psychological Association (APA) defines Anxiety as an emotion that is characterized by feelings of tension, worried thoughts, and physical changes. It is an all-time high, but there is a remedy from God, which is a clarion call to make peace with God, and then the peace of God floods our hearts. The lesson text gives clear guidance on how to deal with anxiety. I pray that God will give us understanding as we explore this topic for more clarity. |
| **LESSON OUTLINE**1. **TRIGGERD BY WORRIES**
2. **COPING MECHANISMS**
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| 1. **TRIGGERED BY WORRIES.**

In ***2 Kings 4: 1-17*** we can see that the widow’s worries already set in, possibly prior to her husband’s death because she knew he was indebted and those whom they borrowed from had no mercy. Her worries were then further triggered after the death of her husband. She knew she was really in trouble and was at a high risk of losing her children to the lenders. The aftershock effect of this, if not resolved in a timely manner could lead to shame, disgrace and disappointments. The Bible Says anxiety causes fear and could lead to depression. ***Pro. 12: 25***. We see this play out between Saul and his army when they were confronted by Goliath ***1 Sam. 17: 1-11***. Anxiety leads to withdrawal, cowardice, unwise and harmful decisions, disagreements, a defeatist attitude, spiritual backsliding etc. It is quite imperative for us to let God into our hearts, be receptive to his directions and see how He would turn the situation around in our favor. ***Matt 6: 25-34.*** 1. **COPING MECHANISMS**

As believers, one of the ways we cope and deal with anxiety is by encouraging ourselves. *In* ***1 Sam 30: 6***. David encouraged himself in the Lord by drawing strength from the fountain that never runs dry, which is God himself. There are several ways to harness strength from God, which could include:* 1. Through prayers **1 *Thess. 5: 17***
	2. Though supplication - prayer that focuses on special needs. We pour our soul into God (**Hanna – *1 Sam. 1: 15*)**. We lay our needs before Him as a child crying, pleading, and begging for help, deliverance and peace. ***1 Peter 5: 7***
	3. Through thanksgiving - Thanking Him for all that He is and for all that He has done for us ***Ps. 50: 14***
	4. By dwelling in the Word of God and His promises. ***Josh. 1: 8, Rom. 8: 28***
	5. Fellowship with others and get support. ***Gal. 6: 2, Prov, 27: 17***
	6. Avoid comparison with others but look at your life through the lens of the scriptures. ***2 Cor. 10: 12***
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| **CONCLUSION**It is safe to note that anxiety is an inevitable aspect of lie, yet it is important to recognize that God equips us and clearly instructs us to hold unto prayers, trust and gratitude. It will involve all our beings always talking to God. |
| **SUMMARY** * + - 1. How do we maintain that peace?
			2. How do we keep the peace of god ruling and reigning within our souls
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