

A person in a kayak is silhouetted against the ocean, holding a red paddle. The sky is a deep blue with wispy white clouds. The water is dark with gentle ripples.

SPIRITUAL CROSSROAD MEDITATION
AND INNER HEALING PROFESSIONAL

ANXIETY AND GOD

WHAT THE BIBLE SAYS ABOUT PEACE AND
FAITH WHEN IT COMES TO ANXIETY

DIANA POKORSKI-
HOULE

#BEUNIQUELYYOU!

ANXIETY AND GOD

CALMING ANXIETY

MATTHEW 5:9 “BLESSED ARE
THE PEACEMAKERS, FOR
THEY WILL BE CALLED
CHILDREN OF GOD.”

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"THE LORD GIVES STRENGTH
TO HIS PEOPLE, AND THE
LORD BLESSES HIS PEOPLE
WITH PEACE." PSALM 29:11

All anxiety is not sin. Anxiety can equal jobs, money, home, and family. All of these things in life can cause different intensities of Anxiety. Anxiety means being distracted and feeling like you are being pulled apart. Jesus said "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John 14:27.

Anxiety only becomes a sin when you do not correct the behavior. It is not in scripture to be anxious in fact it says quite the opposite. In 1 Peter 5:7 Peter tells us, "Cast all your anxiety on him because he cares for you."

When anxiety is running through a person it has a negative affect on their life. Anxiety divides your mind slows down your

productivity and harms your health. You can encounter heart disease, skin disease, high blood pressure, and depression. You can remain physically sick until you deal with whatever is causing your anxiety.

In Romans 16:20 we are told "The God of peace will so crush Satan under your feet. The grace of our Lord Jesus be with you."

So really if you think about it anxiety is a faith battle. In order to have the kind of peace that the Bible talks about you must have Faith in God and know in your heart Jesus died so that we could experience peace while we are here, without fear or anxiety. Fear and anxiety are the Worlds way, not Gods way. John 16:33 says "I have said these things to you, that In me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

“IF YOU. HAVE FAITH, YOU
WILL RECIEVE WHATEVER YOU
PRAY FOR.” MATTHEW 21:22

“But even if you should suffer for what is right, you are blessed. “Do no fear their threats;do not be frightened.” 1 Peter 3:14.

When you have faith at work in your life anxiety can not reside in you. Faith at work means that you are being genuine, living out what you believe with your whole heart, and being real with yourself.

Having faith will lead to you discovering your purpose in this life. When you confess and turn it over to God, God exchanges your anxiety for peace which flows through your faith. Faith speaks a language of the heart.

Ephesians 2:8-10 For it is by grace you have been saved, through faith- and this is not from yourselves, but it is the gift of God- not your works, so that no one can boast. For

we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Faith is a verb because it requires us to take action. Action means we have to take on some form of work that we do for God.

Faith is a belief that you feel inside you. It is you applying all your confidence and faith into God and Jesus Christ on a daily basis.

The way we can show faith to God is be kind, friendly, obedient, Christ like, and being a Godly example to the world.

”Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.” Romans 5:1.

“HAVING FAITH IN GOD CAN
HELP BLOCK ANXIETY AND
MINIMIZE STRESS.”

Steps we can take to stop worrying in our life.

Surrender your worries to God, God's way is perfect. Don't be afraid. Meditate on God's word daily, don't worry about tomorrow because tomorrow will have its own worries.

Don't fight or wrestle with your fears, hand them over to Jesus, moment by moment.

Take time to read Romans 5:1-6 and 1 Peter 1:1-7.

Worry demonstrates a lack of trust in God's love because it implies that God doesn't really care about our needs. It shows we have lack of faith in God's wisdom because it implies that God does not know what he is doing.

Prayer or meditation can help quiet your mind and help you focus on the present so you can let go of the negative chatter that is fueling your anxiety. You will start to feel a sense of purpose.

Stress and anxiety can be a reason that you are drifting away from God. When we neglect our personal bible studies and readings we fall further from God in our relationship which causes our ailments to exist.

Worry is a sinful expression of fear, and a severe problem of the heart. It is a sin that many people struggle with on a day to day basis. It is a serious problem in our society today.

Remember having faith in God can help block anxiety and minimize your stress.

So, let's get to working on our personal relationship with God and all fear and anxiety will fall by the wayside.

Have a blessed day and remember God is “EVERYTHING!”

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HOULE

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