

Message from God’s Life-Giving Word  
February 23, 2020  
Be Anxious for Nothing – When You Can’t Take It Anymore

Anxiety happens...

Learning from the life of Elijah

Things to avoid:

- 1.
- 2.
- 3.
- 4.

***Rejoice** in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. **The Lord is at hand**; do not be anxious about anything, but in everything by **prayer** and supplication with **thanksgiving** let your requests be made known to God. And the **peace** of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*  
Philippians 4:4-7

Next Steps

- 1. Journal about the last time you felt anxious about nothing. Why were you so worry-free? When you are stressed out, what is your go-to method of relaxing? Which of the four anxiety-causing mistakes we discussed do you struggle with most?
- 2. Read 1 Kings 19:11-12. What do you think of God speaking in such a quiet and peaceful way? What does it tell you about God? Why do you think God desires for us to be anxious for nothing?
- 3. How can you encourage yourself to trust that God will carry you through every difficulty you face? How can you reassure someone else of God’s presence who may be feeling brokenhearted or overwhelmed? Spend time in prayer this week and listen for the quiet voice of God. Trust that He is close by and will never leave you.