

Walking in Peace

Overcoming anxiety and stress in adults

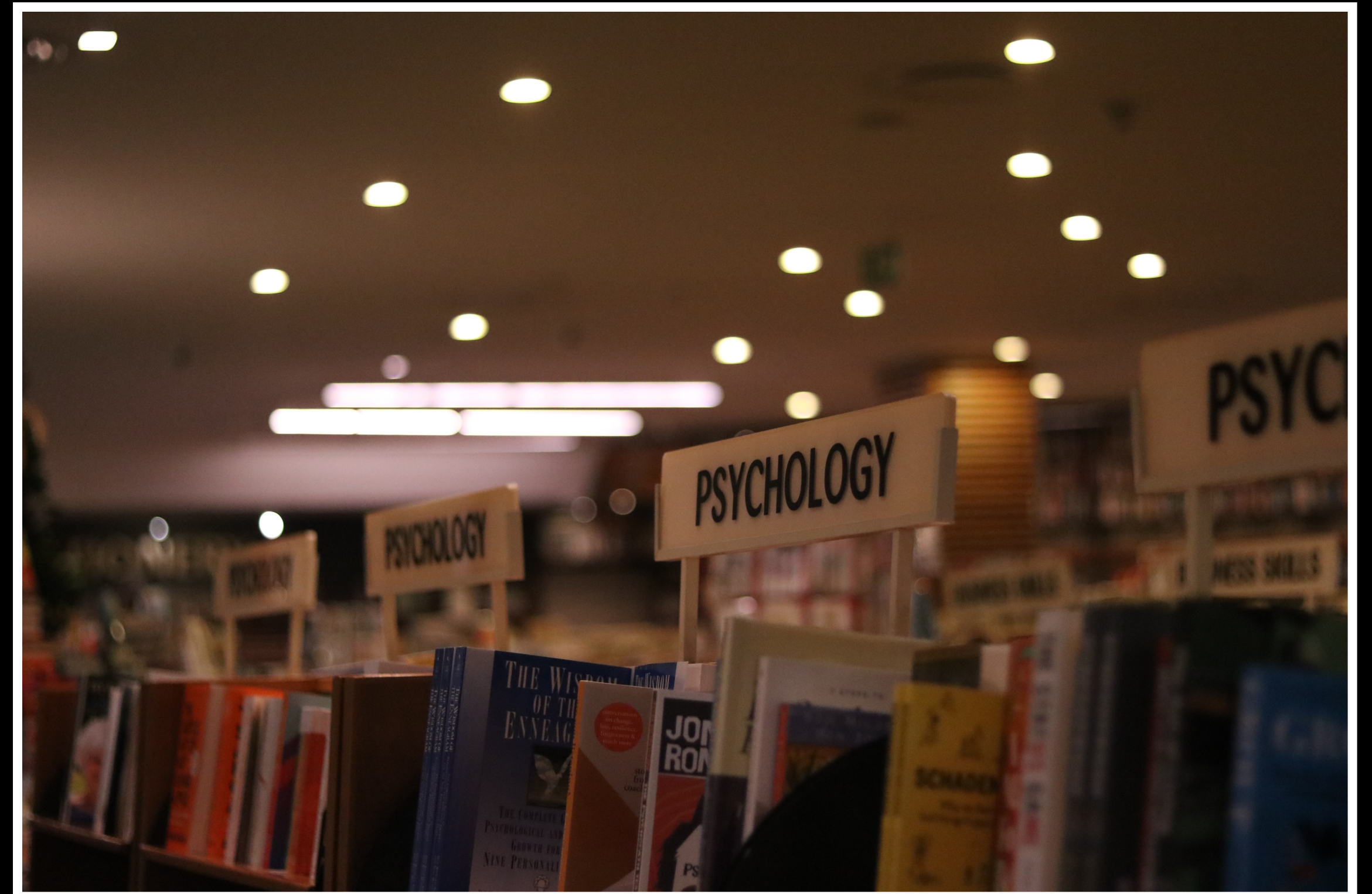
Mark Verkler - 3/21/23

Access The Presentation:



The World's Solution:

- Offer secular psychology and medication for your anxiety and stress
- This may be necessary at times
- We can also become dependent on them and have less motivation to get to the deeper barriers to the peace God has for us



Scriptures about peace and cares:

PEACE - Isaiah 9:7b **Of the increase of *His* government and peace *There will be no end***

- Prince of peace, Son of peace, King of peace, Lord of peace, COMFORTER
- Could the “increase of His Government” be in our souls too?
- What if Peace is in direct proportion to parts of my soul and body that he truly governs—In direct proportion to how I am walking in the spirit?
- Examples of trauma and shame keeping people from inviting Jesus to govern and bring peace to those places



2 Thessalonians 3:16

Now may the Lord of peace himself give you his peace at all times and in every situation. The Lord be with you all.

- Is it possible He is offering his peace to us at ALL TIMES and in EVERY SITUATION?
- Consider Peter as he walks on the water toward Jesus.



Isaiah 26:3

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

- How do we keep our mind “Stayed on him”?
- The Practice of the Presence of God — Brother Lawrence



Philippians 4:6-7

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

- What does “Be careful for nothing” mean?
- Worry list to prayer list
- How do we repent of care? One moment, one day at a time.



Philippians 4:8

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.



- “Think and go on thinking”
- STOP—Redirect; 2 Corinthians 10:5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,
- Exercise: STOP sign

Colossians 3:15
And let the
peace that
comes from
Christ rule in
your hearts. For
as members of
one body you
are called to
live in peace.
And always be
thankful.



- Review of Heart, Soul & Spirit
- Each part of my soul can BE dominant or BE dominated
- All to serve my Spirit
- 3 parts of my Spirit: Communion, Intuition, & Conscience



1 Peter 5:6-7

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.



- Casting all your care upon him for he cares for you—Tied with Humility—What is “tied to pride”?
- Faith and Love story— she was not at peace and focused on worry and catastrophizing.
- Two of the Devils biggest lies
- Current situation AND what it triggers from the past

- Self soothing! Samuel 30:6b—but David encouraged himself in the LORD his God. David regained his strength in the LORD his God.
- Primary issue of maturing—overcoming GREAT DISCOURAGEMENT that comes at us—sometimes a quick recovery is needed, often its a process.
- Relaxation breathing—Feel it in your belly
- Alternating tension exercise
- Gratitude journal--FOCUS--Phil 4:7-8



Perfect love casts out fear—

1 John 4:17-19

And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world. Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love. We love each other because he loved us first.

- A primary cause of fear is UNFORGIVENESS towards others self or God
- When you have unforgiveness it ATTRACTS fear; when you forgive it REPELS fear. (story of Lady with anxiety/phobia increasing)



Resources and Q&A

