

When Anxiety Attacks

Philippians 4:6-7

Anxiety does the following to us:

Anxiety disturbs our minds

Anxiety divides our attention

Anxiety disrupts our focus

Anxiety distracts our spirit

The mind that is full of God is empty of anxiety. Are you troubled, restless, sleepless? Then think of God more! - Max Lucado

What do most people become anxious about?

Loss of control

Loss of Choice

Loss of contentment

Loss of commitment

Loss of consistency

6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

The Awareness of Anxiety reveals the Problem

Defining the reality of anxiety

Anxious - Means to be
troubled, to be overwhelmed
with cares

Developing a recognition of anxiety

Defeating the problem of anxiety

Problems Anxiety Causes

Anxiety causes us to fret

Anxiety causes us to forget

Anxiety causes us to lose focus

The Antidote to Anxiety flows in Prayer

The power of prayer

The strength of petition

The purpose of gratitude

The Answer for Anxiety is found in Peace

Peace is found in walking with Christ

Peace weaves Christ's strength with
our weakness

Peace withstands the pressure of
life

Peace wraps itself around our heart

How do we combat anxiety?

We focus on assisting others

We adjust our attitude

We take positive action

We acknowledge the role of God

We become aware of our
limitations