

### OVERCOMING ANXIETY

New Life Bible Church

Allen McLauchlin, Th.D., Pastor

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ANXEITY: When fear, doubt, worry have began to take a toll on your well being.

“ Acute anxiety( doesn't take a toll); Good:

But Cornelius was waiting anxiously for Peter, having called together his kinsmen and his intimate friends. Acts 10:24

Be anxious for your children while they are young , and they will give you rest; and will give delight to your heart. For I confess my sins; I am full of anxiety because of my sin. Psalm 38:18; Proverbs 29:17

“ Chronic anxiety: (destroys, takes a toll) Bad:

My heart has been smitten like grass and has withered away, Indeed, I forget to eat my bread. Because of the loudness of my groaning My bones cling to my flesh. I resemble a pelican of the wilderness; I have become like an owl of the waste places. I lie awake, I have become like a lonely bird on a housetop. The devil is constantly attacking my mind, body and spirit. Psalm 102:4-8

Chronic anxiety in a person's heart will eventually weigh him down, Proverbs 12:25.

And being in anguish, (mental stress) he began praying more fervently and his sweat became like drops of blood falling down to the ground. Luke 22:44

1. Trust completely that God can cure mental stress .

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you. 1 Peter 5:6

How long shall I take counsel in my soul, Having sorrow in my heart all the day? But I have trusted in Your loving-kindness; My mind shall be a peace. Psalm 13:2,5 The Lord is near to the brokenhearted and saves those who are crushed. Psalm 34:18

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God that surpasses all understanding will guard your hearts and your minds in Christ Jesus. Philippians 4:6,7

If you will give earnest heed to the voice of the Lord your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the Lord  
, am your healer.  
Exodus 15:26

2. Trust completely in the fact that God really loves you.

Casting all your anxiety on Him, because He cares for you. 1 Peter 1:7

How often I wanted to gather your children together, the way a hen gathers her chicks under her wings, Matthew 23:37

May the Lord reward your work, and your wages be full from the Lord, under whose wings you have come to seek refuge.” Keep me as the apple of the eye; Hide me in the shadow of Your wings.  
17:8 Ruth 2:12;. Psalm

How precious is Your lovingkindness, O God! And the children of men take refuge in the shadow of Your wings. For my soul takes refuge in You, the shadow of Your wings I will take refuge.  
Psalm 36:7 ; 57:1

Let me dwell in Your tent ; Let me take refuge in the shelter of Your wings. For You have been my help, And in the shadow of Your wings I sing for joy. His feathers will cover you, and under his wings you can take refuge.  
Psal  
m 61:4;63:7;91:4

3. Face your anxiety with faith and trust.

Resist him, steadfast in your faith, because you know the same kinds of sufferings are being accomplished by your community of believers in the world. 1 Peter 5:9

When the Philistine arose and came and drew near to meet David, David ran quickly toward the battle line to meet the Philistine. 1 Samuel 17:48

I and my young women will also fast as you do. Then I will go to the king, though it is against the law, and if I perish, I perish. Esther 4:16

And being in agony He was praying very fervently; and His sweat became like drops of blood, (hematidrosis) falling down upon the ground. Luke 22:44

Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. 1 Peter 5:8

4. Find a fellow believer that you can share your feelings with.

Greet one another with a kiss of love. Peace be to you all in Christ. 1 Peter 5:14

And the man and his wife were both naked and were not ashamed. Genesis 2:25

I can do all things through Him who strengthens me. Nevertheless, you have done well to share with me in my affliction. Philippians 4:13,14

New Life web page address: [newlifebiblechurch.org](http://newlifebiblechurch.org) Pastor's phone#: 910 8181228; email; [pastoram@nc.rr.com](mailto:pastoram@nc.rr.com); [firstlady1@nc.rr.com](mailto:firstlady1@nc.rr.com)

