

“ HOW TO COPE WITH ACUTE ANXIETY ”

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A family friendly, never alone, purpose driven church

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ACUTE ANXIETY: Temporary distress or uneasiness of mind caused by fear or misfortune that feels long lasting .

1. First and foremost, ensure that the prayer channel is opened.

They went to the olive grove called Gethsemane, and Jesus said, “Sit here while I go and pray.”
Mark 14:32

Seth also had a son, and he named him Enosh. At that time people began to call on the name of the Lord. Genesis 4:26

Call to me and I will answer you and tell you great and unsearchable things you do not know.’ J

eremiah 33:3

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him. 1 John 5:14,15

Listen! The Lord's arm is not too weak to save you, nor is his ear too deaf to hear you call. It's your sins that have cut you off from God. Because of your sins, he has turned away and will not listen anymore. Isaiah 59:1,2

When you put on your next prayer-performance, I'll be looking the other way. No matter how long or loud or often you pray, I'll not be listening. So then repent, confess your sins and be cleaned. Isaiah 1:14-15

2. Secondly, surround yourself with folks who really understand empathy .

He took Peter, James and John along with him, and He began to be deeply distressed and troubled. "My soul is overwhelmed with sorrow to the point of death," He said to them. "Stay here and keep watch." Then He returned to His disciples and found them sleeping. "Simon," He said to Peter, "are you asleep? Couldn't you keep watch for one hour? Mark 14:33,34,37

The Lord is like a father to his children, tender and compassionate to those who fear him. For he knows how weak we are; He remembers we are only dust. Psalm 103:13

Be happy with those who are happy, and weep with those who weep. We who are strong ought to understand the pain of the weak.. Romans 12:15; 15:1

3. Thirdly, trusting God's resolution to your dilemma.

Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. “Abba, Father,” he said, “everything is possible for you. Take this cup from me. Yet not what I will, but what you will.” Mark 14:35,36

David answered, “While the child was still alive, I fasted and wept. I thought, ‘Who knows? The Lord may be gracious to me and let the child live.’ But now the child is dead, GOD has made his decision, I trust God .
2 Samuel 12:22

During those days, I, Daniel, went into mourning over Jerusalem for three weeks. I ate only plain and simple food, no seasoning or meat or wine. I neither bathed nor shaved until the three weeks were up. Daniel 10:2,3

Then an angel touched me as I trembled. He said, “Daniel, you are highly esteemed. Don't be anxious. Since the first day that you prayed, your words were heard. But the prince of the Persian kingdom (satan) prevented me from coming for twenty-one days. Then Michael, the archangel came to help me. Now I am here and your prayers will be answered. Daniel 10:10-14

I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, “My grace is sufficient for you.. 2 Corinthians 12:7-9

4. Last but not least, keep on ministering.

Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is

weak.” Mark 14:38

Jesus answered , “Truly I tell you, today you will be with Me in paradise. "Luke 23:43

But you should keep a clear mind in every situation. Don't be afraid of suffering for the Lord. Work at telling others the Good News, and fully carry out the ministry God has given you. 2 Timothy 4:5

Share the WORD of God. Be prepared, whether the time is favorable or not (in season or out of season) Patiently correct, rebuke, and encourage your people with good teaching. 2 Timothy 4:2

Then Samson prayed to the Lord, “Sovereign Lord, remember me again. O God, please strengthen me just one more time. Judges 16:28

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