



**Wednesday, March 9, 2022**

## **AM Bible Study**

**Pastor Sam Young, Jr. – Today's Interim Teacher**

Scriptures are from the Christian Standard Bible

### **How to Handle ANXIETY**

**Introduction** – According to Skip McDonald, anxiety is that vague feeling that something isn't right, that something bad may happen. However, I have found that in the moment of an anxiety attack that one should focus on the elements that will draw them close to God and grow their intimacy with Christ. The following are guides to live by when dealing with anxiety.

**What is anxiety? It is a condition in which an individual experiences excessive worry and distressing thoughts.**

#### **The following is an approach to handling ANXIETY God's way**

1. Reframe from the way you view your fears and stressors – Psalm 56:3, Romans 8:31.
2. Tell yourself the truth of God in every stressful situation – Psalm 34:18, Saint John 14:1.
3. Leave your anxieties with the Lord and meditate on the good things in your life – Psalm 23:4.
4. Learn to experience the peace, contentment and joy that comes from trusting God in all circumstances – Saint John 14:16 – The Lord is a counselor, helper, intercessor, advocate, and strengthener.
5. Learn to let go of your anxieties and give them to the Lord - First Peter 5:6-7.
6. Reflect on the fact that God has His calming peace and bountiful provisions ready to handle all of your anxieties – Isaiah 26:3.
7. Remind yourself that God has all the power, strength and wisdom to deal with all of your anxieties – Philippians 4:6-9.

#### **Conclusion: Quotes to live by:**

"Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength"- Charles Spurgeon.

"No one can pray and worry at the same time"- Max Lucado.

"As you walk through the valley of the unknown, you will find the footprints of Jesus both in front of you and beside you."- Charles Stanley.

"I want you to be free from anxieties"- First Corinthians 7:32 – The Apostle Paul.

"And which of you by being anxious can add a single hour to his span of life?"

If then you are not able, to do as small a thing as that, why are you anxious about the rest – the words of Jesus?

"If you worry don't pray, but if you pray don't worry. These are the words of Minister Roberto Turner's grandmother who lived approximately 99 years.