



## Bible Study

Wednesday, September 13, 2023

### “HOW TO DEAL WITH HOW YOU FEEL”

Just because you are a Christian does not mean that you are exempt from uncontrolled emotions. If we do not learn how to control our emotions, our emotions will control us. In this new Bible Study series, we will look at topics that affect our emotions and more importantly how to control those emotions. In other words, my prayer is that these lessons will help you, “How To Deal with How You Feel.”

### ANXIETY

**Definition:** A lethal combination of worry and fear that dominates your mind.

#### **I. Four Steps to Help You Deal with Anxiety:**

1. Celebrate the Person of the Lord.  
*Psalm 27:1; Philippians 4:4; 1<sup>st</sup> Peter 5:6-7*
2. Appreciate the Presence of the Lord.  
*Daniel 3:19-25; Isaiah 43:1-2*
3. Liberate the Power of the Lord  
*Matthew 7:7-8; Philippians 4:6*
4. Meditate on the Peace of the Lord.  
*Isaiah 26:3-4; Philippians 4:7*

Brothers and Sisters notice that the first letter in each step spells the word CALM. Therefore, the next time you feel anxiety about to overtake you – let the Lord calm you!