

Unstoppable

Dealing With Anxiety

March 16 & 19, 2017

(Hebrews 12:2 MSG) Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: Cross, shame, whatever. And now he's there, in the place of honor, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. That will shoot adrenaline into your souls!

(Mark 14:33-38) 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." 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." 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? Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

Anxiety Exposed

(Proverbs 12:25) Anxiety in a man's heart weighs him down, but a good word makes him glad.

- ✓ Anxiety is stress that continues.
- ✓ Anxiety is symptomatic of a lack of faith.
- ✓ Anxiety is a distraction that distances us from God, and prevents us from making progress in our faith.

Anxiety Destroyed

(1 Peter 5:6-11) Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. To him be the power for ever and ever. Amen.

1. Humble yourself.

- Confess your pride.

(James 4:6) God opposes the proud, but gives grace to the humble.

- Get close to God.

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

- Establish an outward focus.

(James 5:16) Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

2. Be alert.

- Be aware of your weaknesses.

(1 Thessalonians 5:6) So be on your guard, not asleep like the others. Stay alert and be clearheaded.

- Think clearly.

(2 Corinthians 10:5) We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

- Respond correctly.

(2 Timothy 1:7) For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

3. Resist your enemy.

- Spoken Word of God.

(Matthew 4:3-4) The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

- The Name of Jesus.

(Philippians 2:9) Therefore God exalted him to the highest place and gave him the name that is above every name...

- Worship.

(2 Chronicles 20:22) As they began to sing and praise, the Lord set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated.