



## Sunday February 16, 2020 Overcoming Anxiety

We have addressed overcoming fear the past two weeks. Today we wish to address another important area of challenge for many of us - that of anxiety or worry.

Before we get started let us remind ourselves of two important Scriptures that show us that we can overcome anything and everything we face.

1 John 5:1,4

1 Whoever believes that Jesus is the Christ is born of God,...

4 For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith.

Whatever you are facing today - you can overcome!

Let's boldly declare:

I AM BORN OF GOD AND I OVERCOME THIS WORLD AND ALL THAT IS IN IT. I OVERCOME BY FAITH.

1 John 4:4

You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.

Let's boldly declare:

JESUS WHO IS IN ME IS GREATER THAN ANYTHING OR ANY POWER THAT I FACE IN THIS WORLD.

Today we will address: **OVERCOMING ANXIETY**

Some general common information:

Anxiety is an emotion we all experience as a normal part of our day-to-day lives. It is a feeling of worry, apprehension, nervousness, uneasiness or fear about something, often about something in the future, or something we do not have control over. Experiencing temporary, occasional anxiety is a normal part of life that all of us deal with. For example the day before a difficult exam or an interview or a new assignment, etc. we tend to be a little anxious. Momentarily you may feel 'butterflies in your stomach', or your heart starts racing, etc. This is normal.

However, if this is excessive or prolonged, then it is usually referred to as a disorder.



Anxiety disorder - A mental health disorder characterized by excessive nervousness, fear, apprehension, and worry that disrupt one's daily activities.

More than 10 million cases per year in India.

Examples of anxiety disorders include panic attacks, obsessive-compulsive disorder and post-traumatic stress disorder. Symptoms include stress that is out of proportion to the impact of the event, inability to set aside a worry and restlessness.

Anxiety disorder may affect a person in many ways:

Behavioral: hyper-vigilance, irritability, or restlessness

Cognitive: lack of concentration, racing thoughts, or unwanted thoughts

Whole body: fatigue or sweating

Also common: excessive worry, feeling of impending doom, insomnia, nausea, palpitations, or trembling

Treatment includes counseling, Cognitive behavioral therapy (CBT), Psychotherapy, meditation, medications, including antidepressants, etc.

Today, we'd like to discuss what the Bible teaches us to help overcome such feelings of worry and anxiety. We'd like to share some practical Biblical instructions we can follow, that will help us overcome feelings of anxiety and worry.

#### **IMPORTANT NOTE AND DISCLAIMER**

We are presenting Biblical truth to help us overcome anxiety and worry. Please note, that we are not against you getting professional help either through a counselor or a medical professional. In fact some may need professional help for a period of time, while also engaging with the Biblical truth we are presenting today. If you are receiving professional help, please **do not** discontinue it, until directed to do so by the authorized person.

**TPT : refers to "The Passion Translation" of the Bible.**

#### **PERFECT PEACE - GOD'S ANTIDOTE TO ANXIETY**

Our God is Jehovah Shalom, God who gives us peace, perfect peace (Judges 6:24).

Here are some Scriptures to show us that we can walk in divine peace, a peace that comes to us from God above.



Isaiah 26:3

You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.

"perfect peace" in Hebrew is "shalom, shalom". The Hebrew word "shalom" is used twice. This is perfect, constant, continual peace.

The Lord Jesus Himself promised us His peace, something that is not available in the world.

John 14:27

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

"...[Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]" (Amplified Bible - Classic Edition)

John 16:33

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.

"....but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]" (Amplified Bible - Classic Edition)

God's perfect peace available to all of us as His people is the antidote to anxiety and worry.

A classic example of being in perfect peace is Jesus sleeping in the middle of a storm (Mark 4:35-41).

We are not advocating 'hiding under your pillow' or the proverbial 'sticking your head in the sand' and pretending that the problem is not there. What we are referring to is the ability to walk in God's peace, in the middle of the storm, facing the storm head on and overcoming it.

Our desire is to learn how to live in perfect peace even in the middle of a perfect storm.

### **WHAT ANXIETY (WORRY) DOES?**

We just want to point out two ill-effects of anxiety and worry. We have already addressed this in the introduction but here are two effects we wish to bring to our attention:



## **1, Worry Produces Nothing Good**

The outcome of all the worrying is just nothing - nothing good.

Matthew 6:25-27 (TPT)

25 "This is why I tell you to never be worried about your life, for all that you need will be provided, such as food, water, clothing—everything your body needs. Isn't there more to your life than a meal? Isn't your body more than clothing?"

26 "Look at all the birds—do you think they worry about their existence? They don't plant or reap or store up food, yet your heavenly Father provides them each with food. Aren't you much more valuable to your Father than they?"

27 So, which one of you by worrying could add anything to your life?"

## **2, Worry Is A Silent Killer**

General information:

Chronic worrying can affect daily life so much that it may interfere with appetite, lifestyle habits, relationships, sleep, and job performance. Many people who worry excessively are so anxiety-ridden that they seek relief in harmful lifestyle habits such as overeating, cigarette smoking, or using alcohol and drugs.

Worrying too much can trigger the release of "stress hormones" that speed up your heart rate and breathing, raise your blood sugar, and send more blood to your arms and legs. Over time, this can affect your heart, blood vessels, muscles, and other systems.

### **TROUBLING THOUGHTS - PRIMARY DISRUPTORS TO PERFECT PEACE**

Similar to what we learned about fear, the last few weeks, when our mind is overpowered by troubling thoughts, we tend to lose our peace.

As we saw from 2 Corinthians 10:4-5, thoughts become imaginations, which become arguments (or reasonings) which can eventually become strongholds.

So an anxious thought if not dealt with, can become a worrying imagination, and develop into a web of worry that captures our entire mind. Eventually, worry or anxiety can become a stronghold in our mind, and we feel trapped by this.

We are familiar with this Scripture from the NKJV but let's read it from TPT:

2 Corinthians 10:5 (TPT)

We can demolish every deceptive fantasy that opposes God and break through every arrogant attitude that is raised up in defiance of the true knowledge of God. We capture, like prisoners of war, every thought and insist that it bow in obedience to the Anointed One.



Worrying is really us being caught in a "What if....." thinking pattern.

What if.....I am not really prepared for the exam tomorrow?

What if.....I fail in the exam?

What if.....the interview does not go well?

What if.....I lose my job?

What if.....I meet that person who does not treat me well?

What if.....My boss suddenly decides not to promote me?

What if.....

This can be endless.

We are worrying or being anxious of imaginative scenarios, things which may or may not even happen. Or we may be worry about things which are actually beyond our control in the natural.

## **CONQUERING AND CALMING YOUR MIND**

### **1, Pray, Let Go, Let God**

Cast all your cares on Him

1 Peter 5:6-7 (TPT)

6 If you bow low in God's awesome presence, he will eventually exalt you as you leave the timing in his hands.

7 Pour out all your worries and stress upon him and leave them there, for he always tenderly cares for you.

When the things that worry you are really how other people behave, doing things that upset you, trouble you, etc....pour that matter out to God, as we see in Psalm 37:

Psalm 37:7-8 (TPT)

7 Quiet your heart in his presence and pray; keep hope alive as you long for God to come through for you. And don't think for a moment that the wicked in their prosperity are better off than you.

8 Stay away from anger and revenge. Keep envy far from you, for it only leads you into lies.

Sometimes there are matters we just don't understand. We cannot figure things out. In Psalm 131 David decides to disengage from things too high, lofty and just quiet himself before God. Similarly, let go of matters that are too much for you.

Psalm 131:1-2

1 LORD, my heart is not haughty, Nor my eyes lofty. Neither do I concern myself with great matters, Nor with things too profound for me.



2 Surely I have calmed and quieted my soul, Like a weaned child with his mother; Like a weaned child is my soul within me.

We are all familiar with Philippians 4:6-7. Lets read this from TPT:

Philippians 4:6-7 (TPT)

6 Don't be pulled in different directions or worried about a thing. Be saturated in prayer throughout each day, offering your faith-filled requests before God with overflowing gratitude. Tell him every detail of your life,

7 then God's wonderful peace that transcends human understanding, will make the answers known to you through Jesus Christ.

## 2, Focus On God And His Promises

Having done Philippians 4:6-7, the next verse continues:

Philippians 4:8 (TPT)

So keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always.

Having released our cares, our worries, anxieties to God, learn to focus your mind on God and His promises.

We read this verse earlier:

Isaiah 26:3

You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.

The key is to keep our mind stayed on God.

**stayed Hebrew = prop, to lean upon, to rest self on, to take a hold of**

Do this by pondering on who God is.

Do this by pondering on what He has promised in relation to the matter causing you anxiety or worry.

e.g.

***Promises about children***

Isaiah 44:3-4, Isaiah 54:13

***Promises about sleep***

Psalm 4:8 (TPT)



Now, because of you, Lord, I will lie down in peace and sleep comes at once, for no matter what happens, I will live unafraid!

Psalm 127:2

It is vain for you to rise up early, To sit up late, To eat the bread of sorrows; For so He gives His beloved sleep.

Proverbs 3:24

When you lie down, you will not be afraid; Yes, you will lie down and your sleep will be sweet.

The reason Jesus said we do not have to worry is because we have a Heavenly Father who cares for us more that we understand.

So Jesus taught us to focus on seeking His Kingdom, and as we do, all the things we need WILL be brought to us.

Matthew 6:31-33 (TPT)

31 "So then, forsake your worries! Why would you say, 'What will we eat?' or 'What will we drink?' or 'What will we wear?'

32 For that is what the unbelievers chase after. Doesn't your heavenly Father already know the things your bodies require?

33 "So above all, constantly chase after the realm of God's kingdom and the righteousness that proceeds from him. Then all these less important things will be given to you abundantly.

### **3, Declare His Word Aloud**

One of the most important ways to calm worry and anxiety storms in our minds is to speak His Word out aloud believing His Word.

In the Scriptures we see God teaching us to meditate in His Word.

The Hebrew word 'hagah' for meditate included to mutter, utter, speak, low speaking. Part of the process of meditation in the Word is to mutter, or say His Word out audibly, so that your mind, thoughts and imagination are focused on His Word.

### **4, Take One Day At A Time**

Decide to handle things as and when they come, not before they come.

Matthew 6:34 (TPT)

Refuse to worry about tomorrow, but deal with each challenge that comes your way, one day at a time. Tomorrow will take care of itself."

This does not mean we do not make plans, or have dreams for the future.



The key is not to worry about tomorrow challenges even before they arrive. Remember, you cannot run tomorrow's race today!

### **5, Share your burden**

Sometimes we just need to do some practical things that will help us :

#### ***A) Talk to someone who will listen.***

Galatians 6:2

Bear one another's burdens, and so fulfill the law of Christ.

#### ***B) Delegate, de-clutter, relinquish***

sometimes we take on too many things or tasks we are not qualified/capable of doing and we put ourselves under unnecessary stress.

So we covered Five Biblical practices to help us conquer and calm our mind from worry and anxiety:

#### **CONQUERING AND CALMING YOUR MIND**

- 1, Pray, Let Go, Let God
- 2, Focus On God And His Promises
- 3, Declare His Word Aloud
- 4, Take One Day At A Time
- 5, Share your burden

#### **MINISTRY TIME | SALVATION CALL**

There is nothing too hard for God. Nothing impossible with God.

Proclaim Jesus Christ as Savior, Healer, Deliver, Miracle Worker.

He is the same yesterday, today and forever.

The power of the Holy Spirit and all the gifts of the Holy Spirit are for us today.

We have been commissioned to do the works He did and even greater works.

We must come to Him in faith and we will receive.

Minister for people to receive healings, deliverances and miracles.

Take testimonies.

Lead in prayer for repentance and salvation.





LIFE GROUP STUDY GUIDE

**Sunday February 16, 2020**  
**Overcoming Anxiety**

The is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.

**Preparation**

To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at [apcwo.org/sermons](http://apcwo.org/sermons) . Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

**Welcome**

The Life Group meeting may commence with a time of prayer, worship and a fun activity.

**LISTEN to God's Word**

Read the following Scripture passages: *Matthew 6:25-34; Philippians 4:6-7; 1Peter 5:7*

**INVESTIGATE God's Word Together**

Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

*1) Discuss the issue of anxiety and worry. Perhaps each one can share what are some of the most important things that usually cause them anxiety or worry?*

*2) Review and discuss the five Biblical practices to conquer and calm our mind from anxiety and worry, as presented in this message. Talk about how we work this in every day life:*

- 1, Pray, Let Go, Let God
- 2, Focus On God And His Promises
- 3, Declare His Word Aloud



- 4, Take One Day At A Time
- 5, Share your burden

If time permits, each one takes a few (3 minutes max) to share one or two key learning and how they see themselves applying it into their specific life situations. Encourage each one to participate and share.

#### **FELLOWSHIP by sharing your life and spiritual journey**

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

#### **ENCOURAGE each other by praying and ministering to one another**

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

- 1, families to be protected and strengthened*
- 2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.*
- 3, for the BUILD TO IMPACT project - for God's hand to guide us through the land search and acquisition process, and for finances to be more than enough to get this project done.*

Close by thanking God together.



**USEFUL RESOURCES**



Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

**YOUTUBE:** <https://youtube.com/allpeopleschurchbangalore>

**WEBSITE:** <https://apcwo.org/live>

Our other websites and free resources:

**CHURCH:** <https://apcwo.org>

**FREE SERMONS:** <https://apcwo.org/resources/sermons>

**FREE BOOKS:** <https://apcwo.org/books/english>

**DAILY DEVOTIONALS:** <https://apcwo.org/resources/daily-devotional>

**JESUS CHRIST:** <https://examiningjesus.com>

**BIBLE COLLEGE:** <https://apcbiblecollege.org>

**E-LEARNING:** <https://apcbiblecollege.org/elearn>

**WEEKEND SCHOOLS:** <https://apcwo.org/ministries/weekend-schools>

**COUNSELING:** <https://chrysalislife.org>

**MUSIC:** <https://apcmusic.org>

**MINISTERS FELLOWSHIP:** <https://pamfi.org>

**CHURCH APP:** <https://apcwo.org/app>

**CHURCHES:** <https://apcwo.org/ministries/churches>

**WORLD MISSIONS:** <https://apcworldmissions.org>