

#AskingForAFriend – Anxiety & Fear Psalm 139, Philippians 4.4,6-9 // 1.29.2019

Psalm 139...God knows me...God is with me...God made me...God cares for me...

- Anxiety is a multilayered fear. It's fear of the present and the future. It's fear of the rational and the irrational. It's fear of possibilities, and it's fear of fear.
- Anxiety so often keeps us from experiencing what Jesus offers us
 - Shalom is more than the absence of anxiety. It's the presence of peace, wholeness, and joy.
- Anxiety is a raw need that needs God's raw power

<i>"Search me, O God</i>	<i>and know my heart;</i>	<i>test me and know my anxious thoughts.</i>	<i>Point out anything in me that offends you,</i>	<i>and lead me along the path of everlasting life."</i>
<ul style="list-style-type: none"> •When was the last time you asked God to search your heart and your mind? •We must be humbled in heart to ask to be searched because in asking for this, we're recognizing what will be found... thoughts hidden that we might be ashamed of...motives, envy, lust, insecurities, etc. •Ask Him to search your heart/ mind and then let His sanctifying grace meet you in your brokenness 	<ul style="list-style-type: none"> • Know more than my prayer requests, God. •If I'm going to offer my heart to God, I'm going to have to know my heart • Learn to think about what you are thinking about. Feelings and emotions are the products of our thoughts. <p>How do you know your heart?</p> <ul style="list-style-type: none"> • stillness and solitude •listen to those who love you •counseling/pastoral support 	<ul style="list-style-type: none"> •When was the last time you asked God to test your mind, to show you areas where your thought life was out of sync with God's heart? •Have you told God your anxious thoughts so that God can know them? • Make a list of all the thoughts that might be rooted in fear and anxiety. Pray thru the list, one by one, surrendering it to God. 	<ul style="list-style-type: none"> • He bought you with a price • His pursuit of you is a passionate, intimate pursuit •Ask God to point out areas in your heart that you need to change that you might be too close to see 	<ul style="list-style-type: none"> • How do we move away from anxiety and fear and toward's God's path of everlasting life? Trust and faith • This doesn't mean that fear and anxiety just go away, but God is inviting us to a deeper trust and deeper faith

Two main resources we use to help control our mind: prayer and scripture

Prayer // Philippians 4.4, 6-7

- *Worry about nothing.*
- *Pray about everything.*
- *Thank God for anything.*

Here's the result: The peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Scripture //

- When you read God's Word, you are filling your mind with God's thoughts, God's imaginations, God's mental patterns, and God's way of thinking. You are drowning out the voice of the enemy, with all his lies, and listening to the Voice of Truth.
- **Philippians 4.8-9 //** What Paul is giving us here is a **replacement tactic**. You replace thoughts that are false with those that are true. Thoughts that are unhealthy, nervous, and incorrect with thoughts that are noble, right, pure.

What happens when I can't feel God within my fear and anxiety?

We are people that at times place trust more in feeling than in truth. We must learn to make non-emotive decisions about the trustworthiness of God. Even in the midst of fear, may we learn that no matter what our body feels, we always have the Holy Spirit indwelt within us, and that we have access to all of God's resources--resources that are activated by trust instead of by emotion.

Child-like Faith Model: A fearful situation + thinking Jesus in our mind/heart = rescue