

WHEN . . .

Part 2: When You Feel Anxious

ANXIETY IN THE ATMOSPHERE

A. Our environment is conducive to anxiety

1. Most have grown up with some level of anxiety
2. Experiences that lead to fear
3. The predominant force in the world is fear

B. Anxiety/fear is not God's plan for us (*John 14:27 NKJV*)

1. A repeated directive in scripture is "fear not"
2. Jesus has given us His peace

MOVING AWAY FROM ANXIETY (*2 Kings 6:14-16 NIV*)

A. Surrounded and scared

1. This was not false evidence appearing real

B. The servant went to the one who could help

1. Elisha - a representative of God and not afraid
2. He had a completely different perspective

C. The Lord revealed something different for the servant to see

1. The odds were actually in their favor
2. This new spiritual perspective gave the servant a reason to not fear

ANSWERS FOR WHEN YOU FEEL ANXIOUS

A. Don't feed your fears

1. Talking about your fears (*Matthew 6:31a KJV*)
2. Constantly looking at (thinking) the situation

B. Go to the One who actually can help (*Philippians 4:6-7 NIV*)

1. Choosing to resist anxiety - this will be a different practice
2. No need to wait and go to God for big things - in every situation
3. Ask God for help and thank Him for the answer
4. Then we experience His peace - even before the situation changes

C. Look at something different (*Romans 8:6 NKJV*)

1. God's word is a spiritual perspective
2. God can "open our eyes" to His word and what He whispers to our heart