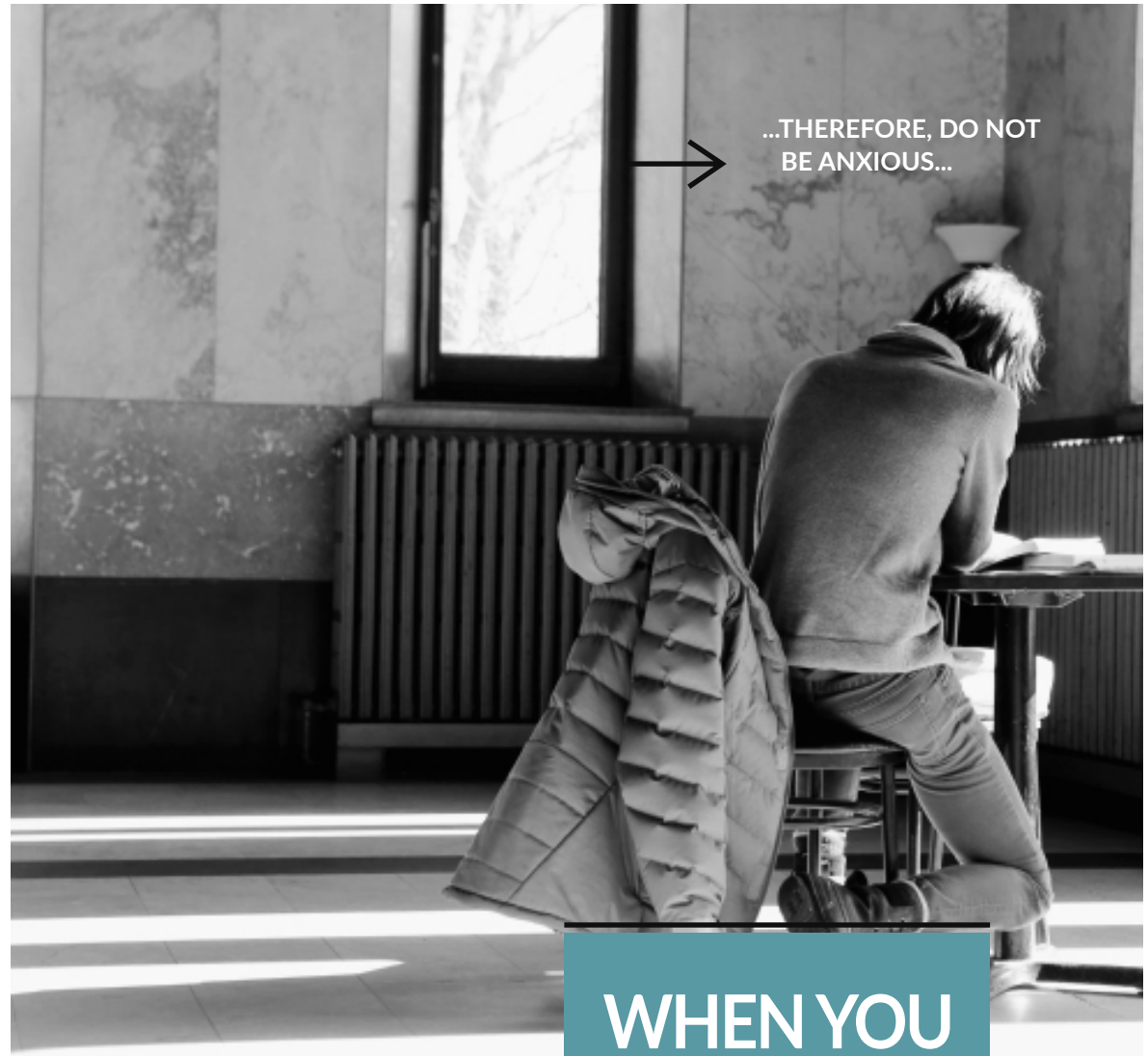




IN CHRIST, THERE IS COMPLETE VICTORY OVER WORRY OR ANXIETY. BUT HOW?

Your thoughts are your personal choice, which you can completely control. Your thoughts are 100% yours. You choose them. It is possible to trust God rather than worrying or exhibiting anxiety. Jesus taught us how to have control over our worried and anxious thoughts in Matthew 6:25-34.

1. Name what's pressuring you. Cast all your anxieties and cares upon God, because He cares for you.
2. Pray aloud about it to God.
3. Look up and watch birds, or look down and smell flowers. Get your head out of the pit.
4. Recognize that worry/anxiety is a futile waste of time.
5. Think about Heaven rather than worrying about what's going on here. Christians live for Heaven anyway.
6. With refocused thoughts (whether birds, flowers, or Heaven), write down thanks to God until you are truly grateful.



→ ...THEREFORE, DO NOT BE ANXIOUS...

WHEN YOU FEEL ANXIOUS

PEACE



Ruminating over worries only ruins you. Affording anxiety authority only ails you. But, praying and petitioning God provides peace.

WORRY IS THE ANTITHESIS OF FAITH,
ANXIETY IS WORRY SPUN OUT OF CONTROL

PRAY God tells us not to be anxious about anything, but rather tell Him about everything, with a thankful heart. Trusting in this way leads to a heart that is guarded with incomprehensible peace.

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philipians 4:6-7

ACCEPT Even if the worst scenario comes about, as with Job, accept it and know that your Redeemer lives. Begin to live for the day when the sun will always shine and God will wipe away every tear.

For I know that my Redeemer lives, and at the last he will stand upon the earth. Job 19:25

WALK God does not withhold any good thing from those who walk uprightly. Confess your sin, receive His forgiveness, and live in repentant joy, trusting that He will provide only what's best for you.

For the LORD God is a sun and shield; the LORD bestows favor and honor. No good thing does he withhold from those who walk uprightly. Psalm 84:11

SEEK Seek the Lord in faith. God rewards those who diligently seek Him and delivers them from all their fear.

And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him ... I sought the LORD, and he answered me and delivered me from all my fears. Hebrews 11:6, Psalm 34:4

STRONG CONFIDENCE ↓

In the fear of the Lord one has strong confidence, and his children will have a refuge. Proverbs 14:26

THE MOMENT YOU FEEL WORRIED OR ANXIOUS, PRAY ABOUT THE ISSUE, THEN CHOOSE ONE AREA OF FOCUS BELOW:

TAKE REFUGE

Such annoying crows, yet God provides what's best for them. You are more precious to God and He makes problems good—Romans 8:29

Notice beautiful, intricate flowers. Your life is gorgeous too, but you can't see it til you replace anxiety with gratitude—Romans 1:21

Are you powerful or rich? Still, you cannot control everything. God does—Matthew 6:30

Preparing for tomorrow is a good thing, but worrying about it is sin. Confess, get busy fulfilling your responsibilities, and trust God for whatever else happens—Proverbs 6:6

Anxiety is atheistic, it usurps God's power wherever it dwells. Anxiety is an unnecessary evil wherein a worrisome issue takes precedence and becomes more important than God's promises. Anxiety is rooted in spiritual laziness and causes spiritual/physical harm. Anxiety dishonors God because it comes from thought patterns of thinking God isn't able to take care of things, or thought patterns of not accepting His sovereignty. Anxiety is a serious sin, for your problems have become more precious than your Savior and your distresses more beloved than God.