

“Attacking
Anxiety”



Matthew 6:25, 31, 34

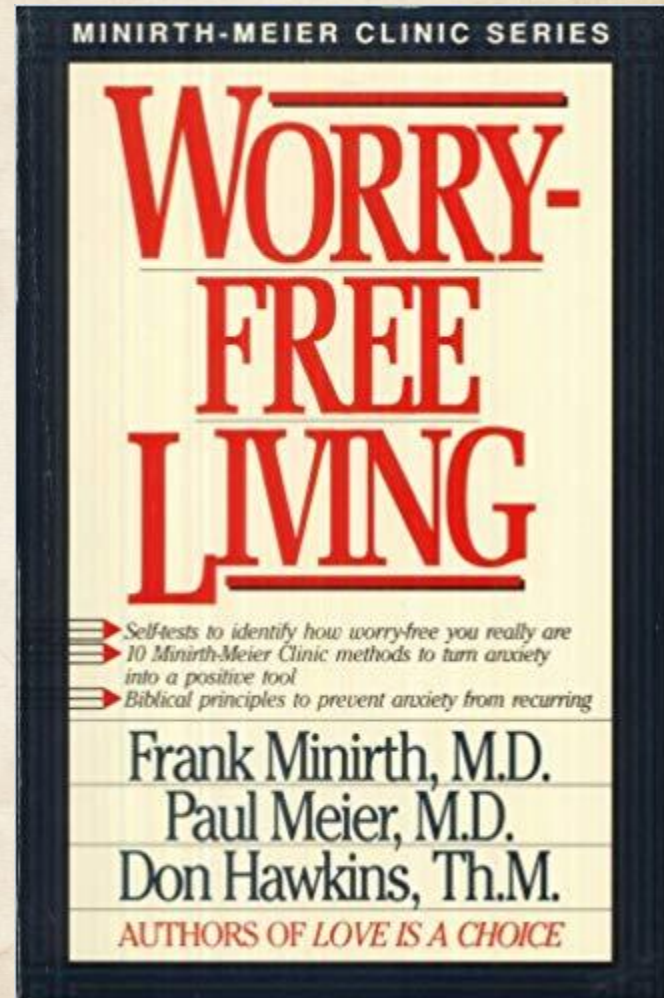
“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?... Therefore do not be anxious, saying, ‘What shall we eat? Or ‘What shall we drink?’ or ‘What shall ...

Matthew 6:25, 31, 34

“...we wear?” ... Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

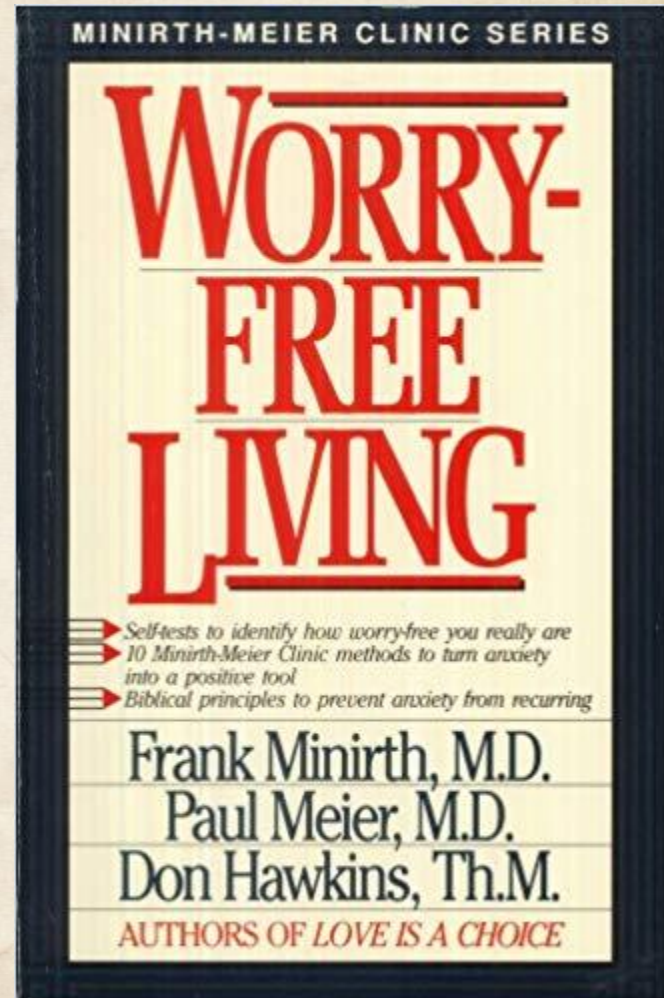
“We suggest setting aside fifteen minutes in the morning and another fifteen minutes in the evening for active worry.

If concerns surface during other times of...

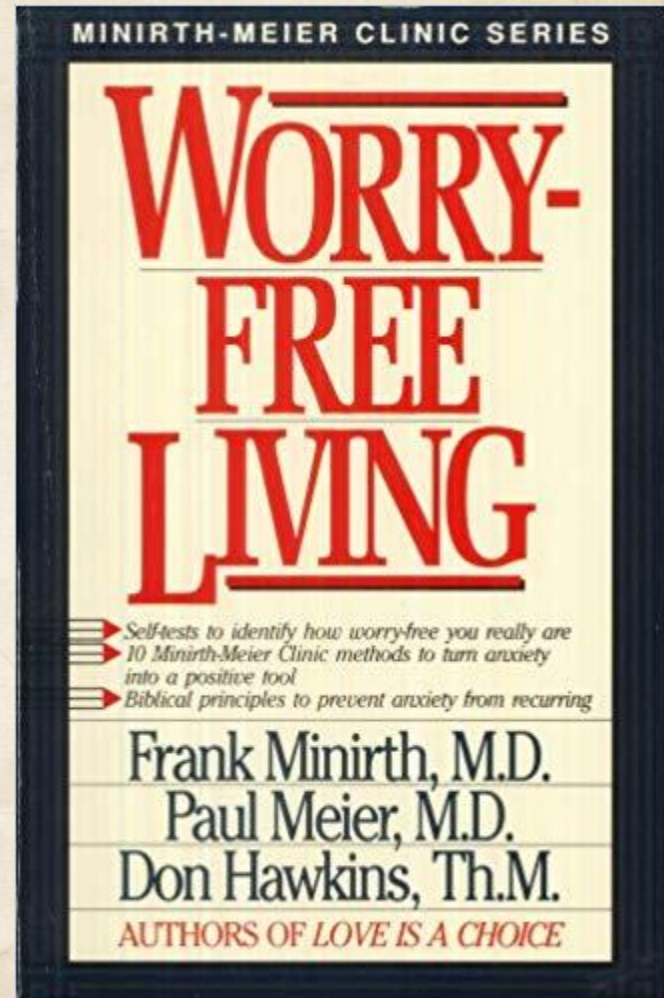


“...the day, the person
should jot them down on
a card and vow to deal
with them during the
designated period.

Worry-free living
involves confining...



“...the natural worry we
all feel into a
designated time slot
of only one percent of
a twelve-hour day.”



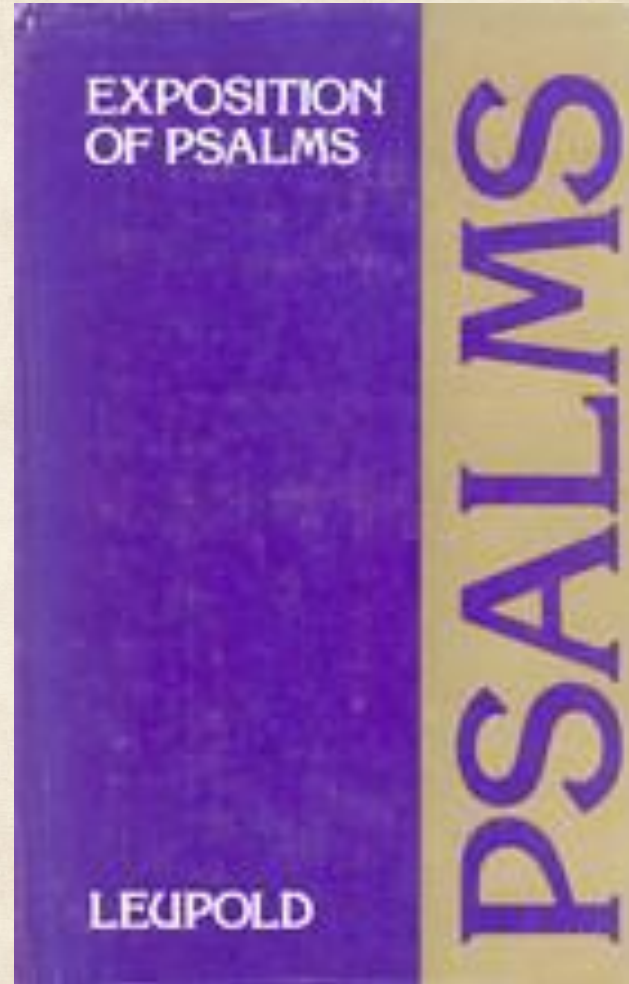
How Do We Attack Anxiety?

1. By Praying About It (vs. 1-2)

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2. By Identifying the Sources of Your Anxiety (vs. 3-11)

“There has, perhaps, never been a more devastating demonstration of the foolish thinking which men occasionally become guilty of when they imagine that the Lord is not aware of what they are doing.”



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3. By Keeping the End in Sight (vs. 12-15)

Proverbs 3:11-12

“My son, do not despise the Lord's discipline
or be weary of his reproof,
for the Lord reproves him whom he loves,
as a father the son in whom he delights.”

God allows the wicked to prosper



The chastening of the righteous

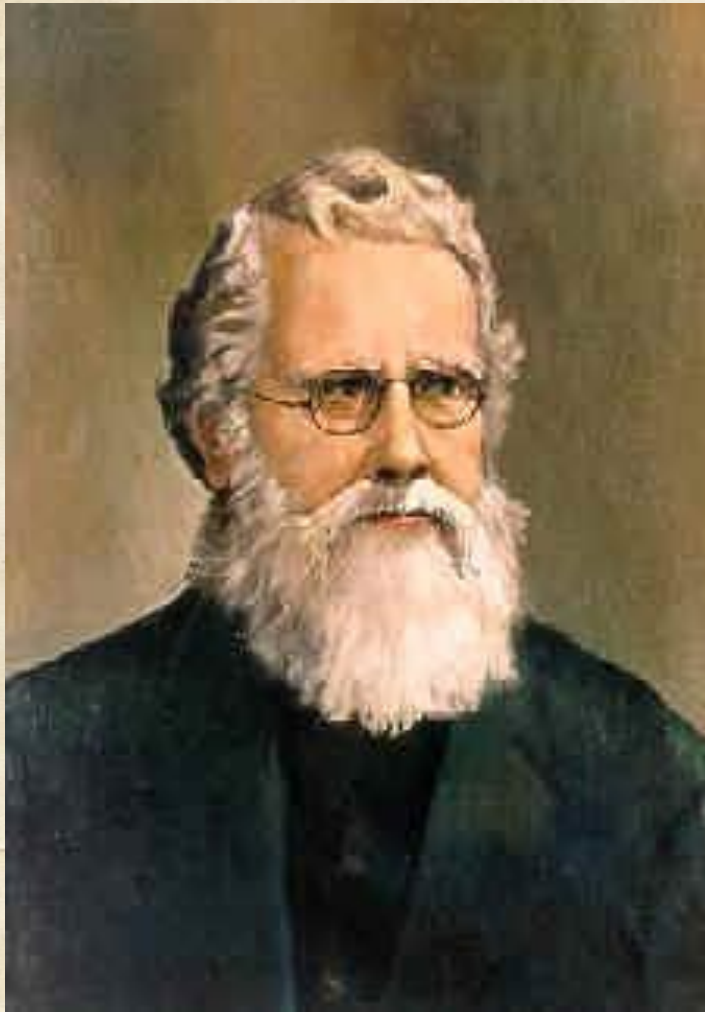


We become much more attentive to

God's law



“Rest” in the midst of adversity.



“Let us give up our work,
our plans, ourselves, our
lives, our loved ones, our
influence, our all, right
into God's hand; and then,
when we have given all
over to Him, there will
be nothing left for us to
be troubled about.”

HUDSON TAYLOR

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REMEMBER ...**

**ANXIOUS PEOPLE
WILL ...**

God's chastening is a
blessing (vs. 12a)

See their chastening as unfair
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See their chastening as unfair or undeserved

God's law is enough for them (vs. 12b)

Forget God's law and turn to the world for assistance

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God's chastening is a blessing (vs. 12a)

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To seek Him alone to find rest from anxiety (vs. 13a)

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Forget God's law and turn to the world for assistance

Be unsettled and have a life of turmoil

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Enemies will be judged by God eventually (vs. 13b)

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Be unsettled and have a life of turmoil

Complain about the unrighteous being blessed

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Enemies will be judged by God eventually (vs. 13b)

God won't forget (vs. 14).

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Forget God

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2. By Identifying the Sources of Your Anxiety
(vs. 3-11)
3. By Keeping the End in Sight (vs. 12-15)
4. By Affirming God's Promises (vs 16-23)

Anxiety is the sinful failure to apply our knowledge of God's promise-keeping to particular problems.