



"Anxiety...Be Gone!"

Wed July 14 , 2021

I. **Philippians 4:4-8**

A. The Problem

1. Anxiety

- the scripture uses the word "careful" – *anxious, to take care or thought*
- Anxiety is a form of fear and every believer should be free from it!

2. It is more common than you think

- *It is the most common mental illness in America, affecting over 40 million adults*
- *As many as 25% of adults are affected by intense anxiety at some time in their life; and 18% of adults have an anxiety disorder in any given year.*

B. The Answer

1. Praise, Prayer, and Thanksgiving

- Rejoice when? Always (when you feel like it and when you don't) (Remember, Satan cannot understand your praise!)
- Prayer: Spending time with the Father will keep distractions and anxiety away
- Thanksgiving: Instead of looking at what is wrong, find something that is right.

2. **Hebrews 13:15** "By Him, let us therefore offer the sacrifice of God continually, that is the fruit of our lips, giving praise to His name."

- My praise makes a way for me. God is the Glory and the lifter of my head!

II. Putting Anxiety in its place

A. **Hebrews 2:14-15**

1. Refuse to take ownership of something that does not belong to you! ("My" should only be applied to what is yours according to the scripture!)
2. **Psalm 23:4** "Yea, though I walk through the valley of the shadow of death, I will FEAR NO EVIL..."

B. Think on these things

1. **First...**you must give your cares to God (all of them) **I Peter 5:7**
2. **Second...**you must cast down any thought from the enemy **II Corinthians 10:5**
3. **Third...**you must replace evil thoughts with God-thoughts (good thoughts only last a while, but God-thoughts last forever).