

"ANXIETY"

Teenage Problems..... *Pew Research Center*

Anxiety and Depression: 70%

Bullying: 55%

Drug Addiction: 51%

Drinking Alcohol: 45%

Poverty: 40%

- 1) We are less **socially connected** than ever (relationships to technology)
- 2) We are more aware of **what others have** and tragedy than ever before

Matthew 6:25-34 NLT

“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? Can all your worries add a single moment to your life?

“And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

“So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God^[a] above all else, and live righteously, and he will give you everything you need.

“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

Fear & **Anxiety** are related but are very different.

Fear sees a **threat** and **reacts**.

Anxiety **imagines** a threat and can't **move on**.

Philippians 4:6 NLT

Don't worry about anything.

Philippians 4:4-8 NLT

Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. **Think about things that are excellent and worthy of praise.**

Philippians 4:4-5 NLT

Always **be full of joy in the Lord**. I say it again—**rejoice!** Let everyone see that you are considerate in all you do. Remember, the **Lord is coming soon**.

Belief precedes behavior.

Celebrate what's true about God.

Peace is found between God's **Goodness** and God's **Control**.

Anxiety **increases** as perceived control **decreases**.

Isaiah 26:3 NLT

You (God) will keep in **perfect peace** all who **trust** in you, all whose thoughts are fixed on you!

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Presented by Pastor David Bellows

Christ's Church of Marion County

March 1, 2020

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Verse 4

Always **be full of joy** *in the Lord*. I say it again—**rejoice!**

I hereby relinquish control of the universe to God.

Verse 5

Let everyone see that you are considerate in all you do. Remember, the **Lord is coming soon**.

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