

## Anxiety

**Anxiety is all around us all the time. No one, in themselves is immune. The normal hassles of daily life can cause us to be anxious. Anxiety can steal our ability to enjoy friends, family, and life. Left unchecked anxiety can lead to sickness, high blood pressure, stomach and intestinal problems, heart attacks, panic attacks and nervous breakdowns. God provides us the key to combating anxiety through adherence to his Word.**

**Philippians 4:6-7** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**John 14:27** Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

**1 Peter 5:6-8** Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.



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*Adapted from "Keep Calm and Trust God" by J&K  
Provance for Men In The Hood Ministries  
Gardenside Baptist Church, Lexington KY*

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**Prayer** – Lord help me not to be anxious. I know that, whatever I am facing, you are right there with me and have promised to never leave me or forsake me. Help me to trust you despite the circumstances that surround me. Lord when I am tempted to be anxious, help me to speak your promises, to overcome the attacks on my mind with answers from your Word. Let me be quick to respond to wrong thoughts and desires by replacing them with good thoughts. Thank you, Lord, that you light the way before me. You give me clear instruction and keep me firmly on the paths of righteousness. I put my complete trust in you. You are my shield and my refuge. You are my rock and my fortress. You are my hiding place and strong tower. In the midst of the storm, you enlighten me with your understanding and give me your peace. I refuse to be anxious about anything. Amen.



**Quote** “The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety.” - George Mueller

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