

## **Reclaiming Our Character** **Abolishing Anxiety**

Scripture Reference: Philippians 4:5-7

Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

### **Debunking Three Lies That Lead to Anxiety:**

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|------------------------|----------------------------|
| 1. <u>INSECURITY</u>   | Heb. 4:16; Mat. 6:25-26    |
| 2. <u>HELPLESSNESS</u> | Psalm 27:5; 18:32          |
| 3. <u>ISOLATION</u>    | Psalm 139:7-10; Mat. 28:20 |

### **Attacking Anxiety:**

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| 1. <u>SECURE</u> your <u>FOUNDATION</u> upon Him.   | Isaiah 33:6; 1 Cor. 3:11; Acts 4:12  |
| 2. <u>SET</u> your <u>FOCUS</u> on Him.   | Matthew 6:33; 2 Cor. 4:16-18         |
| <ul style="list-style-type: none"><li>• Choose to <u>REMAIN CONTENT</u></li><li>• Choose to <u>REJOICE CONSISTENTLY</u></li></ul> |                                      |
| 3. <u>SPEAK FREQUENTLY</u> with Him.  | 1 Peter 5:7; 1 Thessalonians 5:16-18 |