

## Taking Control Of Anxiety

***“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.”*

*Philippians 4:6-7 NIV*

### ✓ Problems.

*“People are born for **trouble** as readily as sparks fly up from a fire.” Job 5:7 NLT*

### ✓ People.

*“O Lord, I have so many **enemies**; so many are against me. So many are saying, “God will never rescue him!” Psalm 3:1-2 NLT*

### ✓ Physical needs.

*“What causes fights and quarrels among you? Don’t they come from your **desires** that battle within you? You desire but **do not have, so you kill.** You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.”*

*James 4:1-2 NIV*

## Turning Off The Alarms

*“When Jesus had called the Twelve together, he gave them power and authority to drive out all demons and to **cure** diseases, and he sent them out to proclaim the kingdom of God and to **heal the sick.**” Luke 9:1-2 NIV*

*“Now He called the twelve together and gave them power and authority over all the demons, and the power to **heal diseases.** And He sent them out to proclaim the kingdom of God and to **perform healing.**” Luke 9:1-2 NASB*

## 1. Resting well.

*“So there is a **special rest** still waiting for the people of God. For all who have entered into God’s rest have rested from their labors, just as God did after creating the world. So let us **do our best to enter that rest**. But if we disobey God, as the people of Israel did, we will fall.” Hebrews 4:9-11 NLT*

## 2. Healthy eating.

*“I know and am convinced on the authority of the Lord Jesus that no food, in and of itself, is wrong to eat. But if someone believes it is wrong, then for that person it is wrong. And if another believer is distressed by what you eat, you are not acting in love if you eat it. **Don’t let your eating ruin someone** for whom Christ died.” Romans 14:14-15 NLT*

## 3. Physical exercise.

*“**Physical training is good**, but training for godliness is much better, promising benefits in this life and in the life to come.” 1 Timothy 4:8 NLT*

## 4. Focus on Relational health.

*“Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. **First go and be reconciled to them**; then come and offer your gift.” Matthew 5:23-24 NIV*

## 5. Spiritual life.

*“**But godliness has value for all things**, holding promise for both the present life and the life to come. This is a trustworthy saying that deserves full acceptance. That is why we labor and strive, because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe. Command and teach these things. Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching. Do not neglect your gift, which was given you through prophecy when the body of elders laid their hands on you. Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress.” 1 Timothy 4:8-15 NIV*