



## **Beyond The Sermon**

A Sermon Application Guide

### **Title: How To Deal With Anxiety**

This guide is designed to offer a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own, or use it in a group and experience transformation together.

#### **Message Theme & Prayer Focus**

Fear must flee

*"Father God, I love you. I thank you that you have given me a spirit of power, love, and a sound mind. I thank you for leading and guiding my steps, showing me how I can walk that out in my life. You are good, you want good things for me. To live in fear is not on the list of good things you have planned for me. Thank you for being my deliverer and the source of life that I can turn to and rely on. I trust you. Amen"*

#### **Key Truths**

Fear tries to rob us, drive our decisions, and even affect our physical bodies. We can pick up on other people's fear and anxiety around us. Fear, worry, and anxiety affects us all at some point in our lives. So many people try to simply stuff fear down or avoid addressing it, but that has such dire consequences. Fear, no matter how seemingly small, is connected to something. It tries to limit and steal the opportunities that God has for us.

Fear does not have a one-size-fits-all solution. If you think about a car having trouble starting, it isn't always the battery, or the alternator, or the spark plug. There can be many reasons why we have fear in our lives, but there is always a solution to it.

Three roots of fear and how to begin addressing them:

##### **1. Mental**

Our mind is incredibly powerful. Focus on negative possibilities and negative challenges produces worry and anxiety. If we let our mind dwell on all that could go wrong, it will eventually become our main focus. God's goodness calls us to repentance (literally changing the way we think), to leave behind those things that aren't for us, and look to the things of God that are for us.

How many times do we see or hear something, dwell on it, and then lose out on the things that God has for us? What we believe will determine the fruit we see in our lives. We can recognize what God has said in scripture about the things we are facing instead of the diagnosis and lies of fear that we face. If God is for us, who can be against us? God has not given us a spirit of fear but a sound mind. Knowing and holding to the promises of God gives us a thought pattern to follow out of the darkness of fear and into every bit of light that He has for our lives. We don't deny what we are facing, but that we stand on what God says over what we face. What we put our trust in determines what shakes us.

## 2. Physical

Sometimes fear and anxiety can be a result of an internal physical issue. Our bodies are so intelligently designed they can tell us when something is wrong, to bring awareness, and help us survive. We're not broken, sometimes we're just empty. Emptiness can be the result of something as simple as a vitamin deficiency or living life too hard for too long that our bodies just need rest and recovery. The bandaids and coping mechanisms of TV, junk food, and staying up late can often be the root of the problem. Remember H.A.L.T. Am I Hungry? Angry? Lonely? Tired? We need to address our physical needs and take care of the bodies that God gave us.

## 3. Spiritual

There is a spirit of fear affecting far more people than who realize it. This spirit keeps us terrified from walking into the plans and future that God has for us. We bail on God's plan because we listen to the lies of this spirit, but it doesn't have to be that way. Scripture says that God has not given us a spirit of fear, but one of power and love and a sound mind. He gave us authority over spirits and we can use that authority to send them away from us. We just agree with God's promised authority and His future for our lives and tell the spirit to leave. We may not feel anything special happen when we do, but knowing that it is done is enough for us to recognize it is gone the next time we walk into a fearful situation and feel nothing but the peace of God.

## **Practical Application**

If you're dealing with fear, check a root and go through the process above. If the fear stays, check another. If it stays, check another. Don't give up going for the root of the problem so that you can live in all that God has for you. He has made you free!

### KEY VERSES

- 2 Corinthians 10:5
- 1 Kings 18
- 1 Samuel 17
- 1 Peter 5:6-7
- Philippians 4:6-7
- 2 Timothy 1:7
- Romans 8:15

## **Declarations**

*“No fear grips me. No weapon formed against me can prosper because my God is for me. I do not fear because my hope is in the Lord. His great and mighty power is at work within me. I put aside my old way of thinking and adopt the mind of Christ. I receive new eyes to see these situations for what they truly are: distractions. I lay hold of the power and authority that God has given me as His child. He is good, wants good things for me, and fear isn’t on that list. I let go of all that I am fearful of and I receive the things of God that will walk me into His future for my life in Jesus’ name.”*

## **What’s Next?**

Now it’s time to write down anything that the Lord has spoken to you. Praise Him, Thank Him and ask the Holy Spirit to help you walk this out.

## **Scripture References - How to Deal with Anxiety**

### **2 Corinthians 10:5 NKJV**

...casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

### **1 Kings 19:3 NKJV**

And when he saw that...

### **1 Samuel 17:36-37 ESV**

Your servant has struck down both lions and bears, and this uncircumcised Philistine shall be like one of them, for he has defied the armies of the living God.”And David said, “The Lord who delivered me from the paw of the lion and from the paw of the bear will deliver me from the hand of this Philistine.” And Saul said to David, “Go, and the Lord be with you!”

### **Philippians 4:6-8 ESV**

...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

### **Isaiah 26:3 NKJV**

You will keep him in perfect peace, Whose mind is stayed on You...

**Joshua 1:9 ESV**

Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”

**Mark 2:27-28 ESV**

“The Sabbath was made for man, not man for the Sabbath. So the Son of Man is lord even of the Sabbath.”

**2 Timothy 1:7 NKJV**

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

**Romans 8:15 NKJV**

For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, “Abba, Father.”