

## ANXIOUS FOR NOTHING

March 10, 2019

Prayers are powerful and we have to walk it out.

- Keeping the house clean
- Israelites were told to drive out their enemies and occupy the land—they tolerated some of their enemies.

### My Journey

#### Causes of anxiety

- Chemical imbalance
- Unhealthy eating
- Not getting enough sleep
- Ultimately comes from unhealed souls—which opens up to fear (placing faith in the worst case scenario), perfectionism, rushing, false sense of responsibility, etc

**"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." (Phil. 4:6)**

- *Anxious* – to be divided, distracted; drawn in opposite directions; to go to pieces because you're being pulled apart in different directions
- Used in NT in reference to worrying about finances, hunger or other basic provisions and events of life.
- Used in Matthew 13:22 (sower) – the "cares" of life choke/suffocate the word God has planted in you.

### BREAKING THE ANXIETY PATTERN

#### Prayer (Phil 4:6)

Prayer is intimate contact with Jesus where you exchange—in every situation.

Psalm 91:1 (AMPC) – **"HE WHO dwells in the secret place of the Most High shall remain stable and fixed (REST) under the shadow of the Almighty [Whose power no foe can withstand]."**

- *Dwells* – to sit and rest; abide, not visit
- *Secret place* – ultimately His heart; abiding where He abides
- *Most High* – (Elyon) elevated place; God who is over all
- *Rest* – the place you lay your head down at night and take up lodging
- *Shadow* – under His protection/wing (SLIDE)
- *Almighty* (Shaddai) – all powerful; unconquerable; all-sufficient God.
- "He who dwells...will rest."

- True rest is not the absence of a storm, but being able to sleep during it.

Philippians 4:6 – We also overcome anxiety through thanksgiving and by making bold, passionate appeals to heaven, having full expectation to receive from God.

- God responds to faith filled prayers not fretful prayers.

### Renewed Mind

Healthy thoughts guard our land from anxiety; unhealthy ones allow it to live with us.

Ephesians 4:22-24 (NLT) – **“...throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.”**

- *Renew* – means to renovate; to take on a new mind

1 Peter 1:13 (KJV) – **“...gird up the loins of your mind...”**

- *Gird up* – take out the slack; gird up your flowing tunic so it doesn’t hinder your active work; preparing so you can move quickly and arrive at your destination without delay
- We grab ahold of the excess (thoughts) that hinder us from running our race and we put them out of the way.
- You are powerful and the Holy Spirit living in you is powerful.
- Powerless people believe things and people can make you do or feel something.
- React vs. respond
- Powerful people can control themselves.
- They are not affected or infected by their environment—they refuse to be victims.
- Spiritual warfare isn’t all about prayer—it’s taking steps, getting up every day.

### Maintaining Freedom

- Get help.
- Rehearse His promises over your life.
- Recognize triggers (physical manifestations)—be present, rushing.
- Watch what you intake—news, movies/TV (action).
- Do things that bring you joy—laughter.
- Eat healthy.
- Exercise.
- Sleep/rest
- Follow me on Instagram: tim.spirk

Colossians 3:15 (NLT) – **“And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.”**

- *Rule* – act as an umpire; to govern; to rule over