

**The Cure for Anxiety**  
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*Historians will probably call our era “the age of anxiety.” Anxiety is the natural result when our hopes are centered in anything short of God and His will for us. —Billy Graham*

**What is anxiety?** A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome. distress or uneasiness of mind caused by fear of danger or misfortune:

**What causes anxiety?** Fear of the unknown, stress from work, major events, lack of something maybe faith.

**Philippians 4:6-7 (NASB)**

*Be anxious for nothing, 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 comprehension, will guard your hearts and your minds in Christ Jesus.*

**Philippians 4:8 (NASB)**

*Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.*

1. Truth is **GOD** is in **CONTROL** He always was and always is!

**Matthew 28:18 (NASB)**

*And Jesus came up and spoke to them, **saying, "All authority has been given to Me in heaven and on earth.***

**Matthew 6:25-34 (NASB)**

*"For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? <sup>26</sup> "Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? <sup>27</sup> "And who of you by being worried can add a single hour to his life? <sup>28</sup> "And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, <sup>29</sup> yet I say to you that not even Solomon in all his glory clothed himself like one of these. <sup>30</sup> "But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! <sup>31</sup> "Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' <sup>32</sup> "For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. <sup>33</sup> "But seek first His kingdom and His righteousness, and all these things will be added to you. <sup>34</sup> "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.*

**1 Samuel 13:8-10 (NASB)**

*Now he waited seven days, according to the appointed time set by Samuel, but Samuel did not come to Gilgal; and the people were scattering from him. <sup>9</sup> So Saul said, "Bring to me the burnt offering and the peace offerings." And he offered the burnt offering. <sup>10</sup> As soon as he finished offering the burnt offering, behold, Samuel came; and Saul went out to meet him and to greet him.*

**1 Samuel 13:13-14 (NASB)**

*Samuel said to Saul, "You have acted foolishly; you have not kept the commandment of the LORD*

*your God, which He commanded you, for now the LORD would have established your kingdom over Israel forever. <sup>14</sup> "But now your kingdom shall not endure. The LORD has sought out for Himself a man after His own heart, and the LORD has appointed him as ruler over His people, because you have not kept what the LORD commanded you."*

Anxiety can cause...

- Panic Attacks
- Fatigue
- Depression
- Increased Blood Pressure
- Breathing Problems
- Headaches

## **2. We need to CHANGE our THINKING.**

### **Philippians 4:6-7 (NASB)**

*Be anxious for nothing, 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 comprehension, will guard your hearts and your minds in Christ Jesus.*

- Trust in God causes...
- Peace
- Confident Assurance
- Boldness

## **3. We need to have a LITTLE FAITH.**

### **Hebrews 11:1 (NASB)**

*Now faith is the assurance of things hoped for, the conviction of things not seen.*

### **Luke 17:5-6 (NASB)**

*The apostles said to the Lord, "Increase our faith!" <sup>6</sup> And the Lord said, "If you had faith like a mustard seed, you would say to this mulberry tree, 'Be uprooted and be planted in the sea'; and it would obey you."*

Ask God to help you, tell Him what you need.