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south shore
community
church

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- Separation anxiety
- Anxiety a modern pandemic (Drs)
- Jesus can overcome anxiety. Sometimes victory comes miraculously. Sometimes victory comes relationally with Jesus – He gives us victory as we learn to rest in our relationship with Him.

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- The roots of anxiety:
- Wounds – (abuse; rape; molestation). Jesus can heal the wounds of our soul.
- Preoccupations of our mind (mind drift)
- Sin & Satan (conviction & confession)
(breaking Satan's grip)
- Frenetic pace & hardships of life (iDisorder)

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- Philippians 4:4-7, “Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer & 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.”

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- Peace is a byproduct, not a pursuit. God promises us peace that covers our minds & hearts. (peace of heaven; cultivate deep peace as the norm; anxiety – gift)
- **First, to overcome anxiety we should turn to worship & thanksgiving.** “Rejoice in the Lord always.” “Do not be anxious about anything, but in everything, by prayer & petition with thanksgiving, present your requests to God.” (praying in fear)

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- **First, to overcome anxiety we should turn to worship & thanksgiving.**
- Worship is a pathway to God's presence. It lifts our eyes upward to the God who is able. Worship strengthens my faith. (dark times – constant worship)
- Gratitude is a stairway to contentment. The level of our gratitude & worship must increase in our darkest hours. (thanks for past victory)

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- **Second, to overcome anxiety we have to choose meekness, gentleness, surrender. v.5,** “Let your gentleness be evident to all.” This Greek word has to do with yielding. Not insisting on your own way or the letter of the law. This is about a heart that is surrendered. When we surrender to God, we have peace in our souls. (rebellion; resignation; surrender) (crisis – disturbed spirit)

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- **Third, to overcome anxiety we need to access the presence of God.** Paul says, “The Lord is near”, v.5b. Eph 2:14 – “For He himself is our peace.” We can be going through terrible times, and our anxiety can be raging within us. But, if we can get in the presence of Jesus, it is like getting to the eye of the storm. I need stillness to access Him. (wringing hands) (Feb anxiety)

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