

The Battle for Our Emotions “Anxiety”

PERSONAL APPLICATION

Review the main lesson outline briefly

1. What is the most common cause of your anxiety, if any? Why do you think this is?
2. Based on our lesson, what can you do to address this and keep it from paralyzing you?

PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day
Write down your daily thought under each day

Monday – Matthew 6:25-34

Thought:

Tuesday – Luke 10:38-42

Thought:

Wednesday – Hebrews 12:1-2

Thought:

Thursday – Philippians 4:4-14

Thought:

Friday – 1 Corinthians 12:25

Thought:

Saturday – Hebrews 10:19-25

Sunday – “*Guilt*”

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The Battle for Our Emotions

How to keep from becoming an emotional wreck!



“Anxiety”

The Battle for Our Emotions
"Anxiety"

Anxiety

Matthew 6:25-34

Two Types of Anxiety in the Bible

Healthy Anxiety - *"Genuine concern & interest"*

1 Corinthians 7:32-35, 1 Corinthians 12:25,
Philippians 2:20, Luke 10:41-42

Un-healthy Anxiety- *"When our focus is on us & our problem or circumstance instead of God & our problem or circumstance."* - Matthew 6:19-34

The Importance of Focus

Peter - Matthew 14:28-33

David - 1 Samuel 17:33-37

12 Spies - Numbers 13:25-33

Hebrews 12:1-2

What Should We Focus On?

Matthew 6:19-34

1. "Priorities"
2. "Power of God"
3. "Passion of God for Me"
4. "Prayer"
5. "Personal Responsibility"

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What Action Can I Take?

Philippians 4:4-14

1. "Rejoice"
2. "Be gentle or calm"
3. "Pray honestly"
4. "Expect God's peace"
5. "Focus on what is right"
6. "Do what is right"

NOTES