

ANSWERING ANXIETY

THE TROUBLESOME TWINS

- The connected duo of anxiety and fear
 1. Anxiety: A response to a perceived threat
 2. Fear: a response to an actual threat
- Anxiety and fear are not God's plan for your life
 1. God delivers from fear (***Psalms 34:4 NKJV***)
 2. God has ways out of anxiety (***Philippians 4:6 NKJV***)

A MAN WHO ANSWERED ANXIETY

- Jairus went to the Lord (***Mark 5:21-24 NKJV***)
 1. He sought Jesus
 2. He humbled himself when he fell at Jesus' feet
 3. He expressed confidence that the Lord was his answer
- Jairus stayed with the Lord (***Mark 5:35-42 NKJV***)
 1. He did not leave Jesus when things went from bad to worse
 2. Jesus spoke to the situation
 3. Stayed with Jesus in the face of cultural pressure

ANSWERING ANXIETY

- Bring God into your situation
 1. Seek the Lord (***Hebrews 11:6 NKJV***)
 2. Acknowledge the Lord as greater than you (***1 Peter 5:6-7 NKJV***)
 3. Express your confidence that the Lord is your answer (***1 Corinthians 15:57 NKJV***)
- Stay with the Lord / Keep on believing
 1. Don't beg the Lord to help you - He loves you
 2. Don't talk about your anxiety - answer it (***Hebrews 13:5b-6 NKJV***)
 3. Don't respond to cultural pressure