

HANDLING ANXIETY

THE ANXIETY PROBLEM

- Anxiety in America - the top three sources of stress
 1. Economy 83%
 2. Violence and crime 75%
 3. Current political climate 66%
- God cares about your anxiety (***John 14:25-27 NKJV***)
 1. Jesus was prepping the disciples for His departure
 2. Promised them His help and His peace - a connection there

HANDLING A HIGH ANXIETY SITUATION

- Hezekiah did not go inactive (***2 Chronicles 32:5-8 NKJV***)
 1. He strengthened his position from a military standpoint
 2. He did all he could do on his end
- Hezekiah used his words wisely
 1. Spoke of God's power and protection
 2. Spoke that God would help them
- Hezekiah went to the Lord for help (***2 Chronicles 32:18-21 NKJV***)
 1. The enemy's tactic was to cause fear - weaker position
 2. He prayed to get God involved - God worked a mighty miracle for them

HANDLING ANXIETY

- Keep moving through the anxiety
 1. Don't allow yourself to be frozen with fear
 2. Do all you can do - the things you can control
- Speak words that strengthen you, not stress you
 1. More strength is available to us (***Proverbs 12:18 NKJV***)
 2. Feelings are real, but not a strong foundation for your life
- Your relationship with the Lord is your strong place
 1. Hezekiah had a relationship with God before the problem (***2 Chronicles 31:20-21 NKJV***)
 2. The closer you walk to the God of peace the more you experience the peace of God