

CHARTING YOUR COURSE - Part 4

(Anti-Anxiety Action Plan)

GOD'S PLAN TO COUNTER ANXIETY - THE SETUP (*Philippians 4:4-5 NKJV*)

- Become a rejoicer
 1. Rejoicing is a choice, not a feeling
 2. Identify as a person who rejoices
 3. Rejoicing shifts our focus to the Lord (*Psalms 34:1-3 NKJV*)
- Be gracious to the people around you
 1. Gracious - not harsh, kindness, warm courtesy
 2. Identify as a gracious person
 3. We are accountable to the Lord - we represent Him
- Overcoming fear is directly tied to our confidence in the Lord
 1. Our actions play a part (*1 John 3:16-23 NKJV*)
 2. Condemnation is a courage killer

GOD'S PLAN TO COUNTER ANXIETY - THE PROCESS/THE PRACTICE (*Philippians 4:6-8 NKJ*)

- Don't worry, be praying
 1. Key words are nothing and everything
 2. Prayer - to God supplication is making your needs/wants known
 3. Don't forget thanksgiving
- And God's peace
 1. More of a sensing than a feeling (*John 14:27 NKJV*)
 2. Not as the world gives peace
 3. When first learning to do this
 4. The surprising connection to humility (*1 Peter 5:5-7 NKJV*)
- In addition - The thought filter
 1. Connected to living anxiety-free
 2. The challenge is we have created thought patterns - by default
 3. Is it true? (*Hebrews 13:5-6 NKJV*)
 4. Some things that may be true aren't lovely or a good report

THE BIGGER PICTURE - PULLING DOWN MENTAL STRONGHOLDS

- An aggressive position we take with our thoughts (*2 Corinthians 10:3-5 NKJV*)
 1. Requires some work - but peace is worth it
- God's plan has been meditation
 1. Not emptying your mind
 2. Filling your mind with God's thoughts (*Joshua 1:5-8 NKJV*)