

GETTING THROUGH ANXIETY

John 16:33

Introduction: Everybody has been anxious at one time or other and some people seem to live on anxiety for they are always waiting for this or that to happen. Some people just never seem to be satisfied, calm, collected and at ease. However there are "anxious" moments that everyone experiences sooner or later. Not all anxieties are alike for some are only temporary, some don't seem to make any sense, some do. People handle anxiety in different ways, some drink, some become "edgy," some can't sleep, some pace the floor, some have "anxiety attacks" and require medication or even medical attention. To better understand and over come anxiety recognizing where it comes from is a big step.

I. A NXIETY CAN COME FROM FAITHLESSNESS

1. Worry about one's children, health, reputation, job, income, getting older, looks and a multitude of other things can happen because one lacks faith in God.
 - People forget that God cares and that He can and will supply one's needs especially in times of crisis.
2. God created us for happiness and fullness of life.
 - We are responsible to care for one another.
 - God never intended for any single person to carry the load of the whole world on his/her shoulders.
 - No person is responsible for the choice and decisions of other people.
3. Anxiety, hostility and guilt can be eased, even removed by renewing, establishing a regular, open, depending relationship with God.

II. ANXIETY CAN COME FROM FEELINGS OF GUILT

1. Failures, mistakes and troubles in life are inescapable.
 - Many try to be perfect and when they are not, they blame God, others and even themselves and just cannot seem to forgive anybody.
 - "Dear God, I have forgiven you of your BIG blunders, now please forgive me of my little waywardness..."
2. God is not affected by any person's limitations for He is the source of completeness, wholeness.
 - God understands and accepts all people, even though some may think themselves unacceptable.
 - God is always ready to forgive everyone, WHEN they come to realize that THEY need to be forgiven and come to God in all sincerity.

III. A NXIETY CAN COME FROM BVEING SELF-CENTERED

1. How many people block God's spiritual power by being self-centered?
 - Self (ego) worship keeps a person in a "prison of anxiety."
 - Nobody is the center of the world or the universe nor the "cream of the crop" for there is always somebody who is smarter, taller, stronger, prettier, handsomer, better at this or that in every way than someone who thinks he/she is "IT."
2. When God's love is blocked from within a person because of selfishness, it prevents that person from receiving from God all that God wants to give and prevents that person from being used by God to be of help to others.
3. Whenever a person begins to care for others, then that person is on his/her way to healing.
 - LOVE for God and OTHERS is the answer to many suffering from anxiety.

CONCLUSION:

1. "What tomorrow will bring, we do not know. Whether our path will be smooth or there will be signs, "No Exit" or "Dead End" we do not know. We can be sure of ONE thing only - God will never fail."
2. The answer to anxiety is God! Learning to put everything into God's hands can be difficult but it is the answer.
 - Tell God about it, give it to Him, leave it with Him and walk away, trusting Him to get you through whatever is causing you to be overly anxious.