

# FINDING FREEDOM FROM ANXIETY



## WHAT IS ANXIETY?

Anxiety is a feeling of worry or unease over an unknown or uncertain threat. It's a whole lot of apprehension over something that may or may not happen.

## ANXIETY IN YOUR BODY

Anxiety can work like fear but is generally not as rapid and lingers longer. Chest pain, dizziness, loss of sleep, constant thinking, nausea, tension. Anxiety is typically paralyzing and takes its prey hostage.

## ANXIETY ROOTS

Anxiety is rooted in divided attentions and a lack of control. Anxiety comes when we seek to see around all corners with predictability and when we fix our eyes on the unknown instead of the known of God. Anxiety is a focus problem and whatever we choose to focus on we magnify.

## WHAT MATTERS

What you focus on matters  
What you believe matters  
What you tell yourself matters

## THE PROCESS OF ANXIETY FROM NUMBERS 13

1. Divided attention - They stopped looking to God and started looking at strength of the people and fortifications of their cities.
2. Improperly placed focus-They started focusing on their fears.
3. Rejection of truth and acceptance of the lie- They didn't listen to Caleb and followed their fears instead.
4. They didn't control their words or take their thoughts captive
5. They forgot their identity and what God promised



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## THE ABC'S OF ANXIETY

A= The ACTIVATING event. This is the event or thought that causes anxiety

B= BELIEVE. This is what you believe about the thought or event. Is it the "End of the world!", "Never going to work out!", or "Horrible!" OR, is it "Possible with God?"

## BIBLICAL CHOICES IN OUR BELIEFS

- Isaiah 41:10 Is God with me, strengthening me, and upholding me, or is He not?
- Ps 46:1 Is He our refuge and help or is He not?
- Prov 18:10 Am I safe in Him or am I not?
- John 14:27 Will He provide me peace or not?
- 2 Tim 1:7 Do I have a spirit of power, love and self control or do I have one of fear?

What we choose matters greatly. It is in what we choose to believe about God that we will either lessen or fuel our anxiety. We have to stay rooted in the Word. Become a woman who BELIEVES God.

## WHEN ANXIETY ATTACKS

Focus on Him by using the three Cs

Calm your body

Control your thoughts

Confront your fears

When we sit in our anxiety and choose not to jump and run whenever it asks, we remove its power.

**It is for freedom that Christ has set us free.  
Stand from then, and do not be burdened  
again by a yoke of slavery.**

Galatians 5:1

