

Proverbs 12:25 (NKJV) ²⁵Anxiety in the heart of man causes depression, But a good word makes it glad.

Anxiety is not a malfunction of the mind. _____.

Anxiety does not have to _____ me.

Philippians 4:6-9 (NIV) ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Choices to Overcome Anxiety

1. Choose to _____ about _____.

Philippians 4:6 (NIV) ⁶ Do not be anxious about anything, but in every situation, by prayer and petition...

(MSG) Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.

1 Thessalonians 5:17 (NLT) ¹⁷ Never stop praying.

Matthew 6:34 (NIV) ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

2. Choose to relinquish _____.

Philippians 4:6-7 (NIV) ... by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1 Peter 5:7 (NIV) ⁷ Cast all your anxiety on him because he cares for you.

1 Peter 5:7 (Phillips) You can throw the whole weight of your anxieties upon him, for you are his personal concern.

3. Choose to regulate my _____.

Philippians 4:8 (NIV) ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Colossians 3:2 (NLT) ² Think about the things of heaven, not the things of earth.

“Aim at heaven and you'll get earth thrown in. Aim at earth and you'll get neither.” – C.S. Lewis

4. Choose to _____ the _____.

Philippians 4:9 (NIV) ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

James 1:22 (NIV) ²² Do not merely listen to the word, and so deceive yourselves. Do what it says.

5. Choose to _____ on God.

Philippians 4:13 (NIV) ¹³ I can do all this through him who gives me strength.

Philippians 4:19 (NIV) ¹⁹ And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Proverbs 16:20 (NLT) ... Those who trust the LORD will be joyful.

Romans 15:13 (NIV) ¹³ May the God of hope fill you with all joy and peace as you trust in him, so that you may by overflow with hope the power of the Holy Spirit.

Today I choose to give _____ to God.