

WELCOME

HAPPY SABBATH!

GRACE & PEACE TO YOU FROM GOD THE FATHER AND OUR LORD JESUS CHRIST



TRUTH ON THE
WEB MINISTRIES

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EPH 6:17 AND TAKE...THE SWORD OF THE
SPIRIT WHICH IS THE WORD OF GOD

A CHURCH OF GOD IN WOODSTOCK, ILLINOIS



Overcoming Anxiety

with Faith and Trust

Overcoming Anxiety

*Anxiety does not empty
tomorrow of its sorrows,
but only empties today
of its strength.*

—Charles Spurgeon

Overcoming Anxiety

Anxiety is a physiological and psychological response that occurs when the mind and body encounter stressful, dangerous, or unfamiliar situations. It manifests as a feeling of discomfort, distress, or apprehension before a significant event. While a certain amount of anxiety can increase alertness and awareness, people with anxiety disorders experience a far from normal state that can render them completely incapacitated.

Common anxiety signs and symptoms include:

- Sweating
- Trembling
- Feeling weak or tired
- Having trouble sleeping
- Having an increased heart rate
- Having a sense of impending danger, panic or doom
- Feeling nervous, restless or tense
- Having difficulty controlling worry
- Breathing rapidly (hyperventilation)
- Experiencing gastrointestinal (GI) problems
- Having the urge to avoid things that trigger anxiety
- Trouble concentrating or thinking about anything other than the present worry**

Overcoming Anxiety

**Philippians 4:6 Be careful [ANXIOUS]
for nothing; but in every thing by
prayer and supplication with
thanksgiving let your requests be
made known unto God.**

Overcoming Anxiety

"Anxiety is a meteor shower of 'what-ifs.' The sky is falling, and it's falling disproportionately on you."

-- Max Lucado

Overcoming Anxiety

Deuteronomy 31:1-3 And Moses went and spake these words unto all Israel. And he said unto them, I *am* an hundred and twenty years old this day; I can no more go out and come in: also the LORD hath said unto me, Thou shalt not go over this Jordan.

The LORD thy God, he will go over before thee, *and* he will destroy these nations from before thee, and thou shalt possess them: *and* Joshua, he shall go over before thee, as the LORD hath said.

Overcoming Anxiety

Deuteronomy 31:4-6 And the LORD shall do unto them **as he did** to Sihon and to Og, kings of the Amorites, and unto the land of them, **whom he destroyed**. And **the LORD shall give them up before your face**, that ye may do unto them according unto all the commandments which I have commanded you. **Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he *it is* that doth go with thee; he will not fail thee, nor forsake thee.**

Overcoming Anxiety

Deuteronomy 31:7-8 And Moses called unto Joshua, and said unto him in the sight of all Israel, **Be strong and of a good courage:** for thou must go with this people unto the land which **the LORD hath sworn unto their fathers to give them;** and thou shalt cause them to inherit it. **And the LORD, he *it is* that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.**

Overcoming Anxiety

Hebrews 13:5-6 *Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.* So that we may boldly say, **The Lord is my helper, and I will not fear what man shall do unto me.**

Overcoming Anxiety

Psalm 94:17-19 Unless the LORD *had been* my help, my soul had almost dwelt in silence. When I said, My foot slippeth; thy mercy, O LORD, held me up. **In the multitude of my thoughts within me thy comforts delight my soul.**

Overcoming Anxiety

Revelation 22:12 And, **behold, I come quickly;** and my reward *is* with me, to give every man according as his work shall be.

Revelation 21:4 And **God shall wipe away all tears from their eyes;** and there shall be no more death, **neither sorrow, nor crying, neither shall there be any more pain:** for the former things are passed away.

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Matthew 6:25-27 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. **Are ye not much better than they?** Which of you by taking thought can add one cubit unto his stature?

Overcoming Anxiety

Matthew 6:28-31 And **why take ye thought** for raiment?

Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, ***shall he not much more clothe you, O ye of little faith?***

Therefore **take no thought**, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

Overcoming Anxiety

Matthew 6:32-34 (For after all these things do the Gentiles seek:) for **your heavenly Father knoweth** that ye have need of all these things. **But seek ye first** the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. **Sufficient unto the day is the evil thereof.**

Overcoming Anxiety

James 1:17 Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.

Psalm 84:11-12 For the LORD God *is* a sun and shield: the LORD will give grace and glory: **no good *thing* will he withhold from them that walk uprightly.** O LORD of hosts, **blessed** *is* the man that trusteth in thee. 16

Overcoming Anxiety

Psalm 23:1 A Psalm of David. **The LORD is my shepherd; I shall not want.**

(*want = shall not lack anything)

Philippians 4:19 But my God shall supply all your need according to his riches in glory by Christ Jesus.

Overcoming Anxiety

1 Peter 5:7 Casting all your care upon him; for he careth for you.

Psalm 55:22 Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

CASTING = Strong's Greek Dictionary 1977. επιρριπτω **epirrhipto** *ep-ir-hrip'-to* from 1909 and 4496; **to throw upon** (literally or figuratively):—cast upon.

Overcoming Anxiety

1 Peter 5:7 Casting all your care upon him; for he careth for you.

Mark 4:38 And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, **Master, carest thou not that we perish?**

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Luke 10:38-40 Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house. And she had a sister called Mary, which also sat at Jesus' feet, and heard his word. But **Martha was cumbered about** much serving, and came to him, and said, **Lord, dost thou not care** that my sister hath left me to serve alone? bid her therefore that she help me.

Overcoming Anxiety

Luke 10:41-42 And Jesus answered and said unto her, Martha, Martha, **thou art careful and troubled about many things:** But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.

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Galatians 6:1-2 Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. **Bear ye one another's burdens,** and so fulfil the law of Christ.

Overcoming Anxiety

Lamentations 3:22-23 *It is of the LORD'S mercies that we are not consumed, because his compassions fail not. **They are new every morning: great is thy faithfulness.***

John 16:33 **These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.**

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KING DAVID

Psalm 13:1-2: "How long wilt thou forget me, O Lord? for ever? how long wilt thou hide thy face from me? **How long shall I take counsel in my soul, having sorrow in my heart daily?** how long shall mine enemy be exalted over me?"

Psalm 22:1-2: "My God, my God, why hast thou forsaken me? **why art thou so far from helping me, and from the words of my roaring?** O my God, I cry in the daytime, but thou hearest not; and in the night season, and am not silent."

KING DAVID **Overcoming Anxiety**

Psalm 31:9-10: "Have mercy upon me, O Lord, for I am in trouble: mine eye is consumed with grief, yea, my soul and my belly. For my life is spent with grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed."

Psalm 55:4-5: "My heart is sore pained within me: and the terrors of death are fallen upon me. Fearfulness and trembling are come upon me, and horror hath overwhelmed me."

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Apostle Paul

2 Corinthians 11:28: “Beside those things that are without, that which cometh upon me daily, **the care of all the churches.**”

2 Corinthians 1:8: “For we would not, brethren, have you ignorant of **our trouble which came to us in Asia, that we were pressed out of measure, above strength, insomuch that we despaired even of life.**”

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Apostle Paul

1 Thessalonians 3:5: “For this cause, **when I could no longer forbear,** I sent to know your faith, lest by some means the tempter have tempted you, and our labour be in vain.”

2 Corinthians 7:5-6: “For, when we were come into Macedonia, **our flesh had no rest, but we were troubled on every side; without were fightings, within were fears.** Nevertheless God, that comforteth those that are cast down, comforted us by the coming of Titus.”

Overcoming Anxiety

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

(**Philippians 4:6** NLT).

Matthew 28:20 Teaching them to observe all things whatsoever I have commanded you: and, **lo, I am with you alway, even unto the end of the world.** Amen.

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John 14:27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

"The man who has God for his treasure has all things in One." --A.W. Tozer

Overcoming Anxiety


2 Corinthians 4:16-18 For which cause we faint not; but though our outward man perish, yet the inward *man* is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding *and* eternal weight of glory; **While we look not at the things which are seen, but at the things which are not seen: for the things which are seen *are* temporal; but the things which are not seen *are* eternal.**



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THANK YOU!



"The bible makes it clear that there are two essentials of the gospel
 1.) **BELIEVING IT**
 AND
 2.) **BEHAVING IT**
 ... but then I repeat myself"
 - SabbathMan7 (Ken Hoeck)

HAVE A GREAT REST OF THE SABBATH




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