

Bible Study Series

HELP I'M
STRESSED



Help I'm Stressed

Philippians 4:6,7-Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

What Is At The Core Of My Anxiety?

What Is Anxiety?

The stress or uneasiness of mind caused by fear of danger or misfortune, it is an earnest, but tense desire fueled by eagerness.

The psychiatry world says it's a state of apprehension and psychic tension occurring in some form of mental disorder.

George Seaton Bowes-"Anxiety does not empty tomorrow of its troubles, but it empties it of its strength."

Anxiety Has 3 Main Elements

1. Insecurity
2. Helplessness
3. Isolation

Isolation Is The Playground Of The Devil

Fear And Anxiety Work Together To Overwhelm You And Gradually Paralyze You

Symptoms Of Anxiety

You Feel Out Of Control

Isaiah 41:10-Fear not, for I *am* with you; Be not dismayed, for I *am* your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'

5 Ways To Deal With Anxiety

1. I Got To Admit There Is A Problem

Psalms 32:2-Blessed *is* the man to whom the Lord does not impute iniquity, And in whose spirit *there is* no deceit.

2. Stop Self Medicating In Unhealthy Ways

Anxiety Is Designed To Send You Down A Dysfunctional Path

3. You Have To Take Care Of Yourself Physically

1 Corinthians 6:19,20-Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own? ²⁰ For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

4. You Got To Be Intentional About What Enters Your Mind

3 Gates Into The Life Of Every Believer

1. Eye Gate
2. Ear Gate
3. Mouth Gate

Philippians 4:8-Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

Embrace The Process

Blessed is the person who's too busy the worry in the daytime and too sleepy the world at night

Trade In Your Panic For Prayer

1 Samuel 1:26-28-And she said, "O my lord! As your soul lives, my lord, I *am* the woman who stood by you here, praying to the Lord. ²⁷ For this child I prayed, and the Lord has granted me my petition which I asked of Him. ²⁸ Therefore I also have lent him to the Lord; as long as he lives he shall be lent to the Lord." So they worshiped the Lord there.

Reframe Your Thoughts

When you understand you're spiritual and you're on a spiritual path, problems are never obstacles, they are opportunities for growth and learning

Psalms 94:17-19-Unless the LORD *had been* my help, My soul would soon have settled in silence. ¹⁸ If I say, "My foot slips," Your mercy, O LORD, will hold me up. ¹⁹ In the multitude of my anxieties within me, Your comforts delight my soul.

Ecclesiastes 8:16,17-When I applied my heart to know wisdom and to see the business that is done on earth, even though one sees no sleep day or night, ¹⁷ then I saw all the work of God, that a man cannot find out the work that is done under the sun. For though a man labors to discover *it*, yet he will not find *it*; moreover, though a wise *man* attempts to know *it*, he will not be able to find *it*.

Williams James- "The art of being wise is the art of knowing what to overlook"

Joshua 1:8-This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

1 Corinthians 12:25- that there should be no schism in the body, but *that* the members should have the same care for one another.

Philippians 4:10-13-But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity. ¹¹ Not that I speak in regard to need, for I have learned in whatever state I am, to be content: ¹² I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. ¹³ I can do all things through Christ who strengthens me.

Peace Is A Part Of The Promise

Matthew 11:28-30-Come to Me, all *you* who labor and are heavy laden, and I will give you rest. ²⁹ Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For My yoke *is* easy and My burden is light.”

John 14:27-Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

Psalms 4:8-I will both lie down in peace, and sleep; For You alone, O Lord, make me dwell in safety.