

Overcoming Anxiety

You can be peaceful—Phil. 4:6-9

Study the following verses. In the first column, write down everything they indicate about anxiety or worry.

Luke 10:38-42		
Proverbs 28:1		
Ezekiel 4:16, 17		
Luke 8:14		
Luke 21:34		
Proverbs 15:15		
Psalms 38:6		
Genesis 45:3		
1 Sam. 28:20-23		
2 Thess. 1:7		
Psalms 77:4,8,9		

Go back over the above verses and, in the second column, write down the effects of anxiety on the person who worries (i.e., the anxious person often becomes critical, a complainer, jealous, etc.).

Study Philippians 4:6-9. God's program for overcoming worry is threefold:

a. How must you *pray*?

b. How must you *think*?

c. How must you *live*?

Write Philippians 4:6-9 out on an index card and memorize it. Reflect on it and implement it regularly.

Anxiety Homework

1. Have daily Bible reading and prayer. Keep a written record of what you do and get out of your devotions.
2. Go to bed at the same time every night. Before going to bed, seek to relax. If need be, take a warm bath, pray for God's blessing on sleep (Prov. 3:24, Ps. 4:8, 127:2). Confess your sins and commit your problems into God's hands; exercise to the point of perspiration (exercise and worry are normally contrary to each other). Use night notes if necessary. (Put a pad and pencil within reach of the bed and write down vital thoughts so that you will then feel free to go to sleep.) Do not stimulate your mind immediately before bedtime. Think about God's goodness, promises, etc. Put on thoughts that relax; make sure you have a comfortable mattress; avoid stimulants of any kind; don't eat before you go to bed. Seek to get seven to eight hours of sleep every night. Keep a record of how many hours you sleep each night.
3. Make a daily practice of listing the things for which you are thankful. Give thanks for several items specifically every day. Meditate on these items when you are tempted to be anxious.
4. Memorize and practice Philippians 4:8. Make a list of profitable things you can think and do when tempted to anxiety. Put your "think and do" list into practice whenever you are tempted to be anxious or depressed. Continue to add to this list.
5. Keep a daily journal of times you are tempted to be anxious; record what you were doing at the time, what was happening, what you were thinking about, what you did, what you should have done.
6. Set aside a period of time every day when you will talk to a godly, fruitful Christian about anything that would be mutually beneficial to both of you (Eph. 4:29, 30).
7. Do at least two fun things this week.
8. Faithfully fulfill your responsibilities as a wife, mother, employee, student, etc. regardless of how you feel. Focus on obedience to God, not feelings.
9. Read and carefully outline the pamphlets by Jay Adams, "What to Do When Fear Overcomes You, or What to Do About Worry." Review these notes on worry often.
10. Begin working on a life notebook. Include in it a record of your devotions; your personal prayer list and how and when God answered your prayers; a list of prayer promises; a brief daily diary of what happens to you and what God is doing in you and through you; your personal goals. In formulating these goals be realistic, specific, and practical. In the future you will need to pray, review and endeavor by God's help to fulfill these goals.