

Handle Your Anxiety
A Lord's Flock General Assembly Topic
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Anxiety emerges in times of challenges and uncertainties. Though we are beset by worldly anxiety, God assures us peace by simply believing in Him and in His words.

How we Create Anxiety in our Lives

1. By Words that we Speak

- we utter words that frame our day for adversity, laden with fear and apprehension.
- we should speak words of life, hope and peace to combat anxiety.
- we should declare words of life when faced with difficulties. Death and life are in the power of the tongue (Proverbs 18:21).

2. By our Approach

- If we approach issues erroneously, we end up with anxiety. If we have a few pesos, will we insist on spending more? If we know that traffic in our area is heavy, will we go out late? Also, if we have a deadline next week, will we procrastinate?
- Hence, we should learn to handle issues wisely. We should ask God for guidance to have peace of mind.

3. By Wrong Voices

- If we listen and entertain negative thoughts and details, we will only cloud our judgement and aggravate our confusion.
- If we have so much information in our mind, we could not fit the pieces together. Eventually, we become anxious.
- Thus, we should listen to the voice of God which will give us peace. For faith comes from hearing the message, and the message is heard through the word about Christ (Romans 10:17).

4. By our Expectations

- If we do not adjust our "road maps" for detours", then we are expecting anxiety.
- Jesus said, "In this world you will have trouble. But take heart! I have overcome the world" (John 16:33).

5. By our Guilt

- Guilt makes us paranoid.
- We are anxious, knowing we are a disappointment. We think that nobody cares or understands us.
- However, there is no condemnation for those who are in Christ Jesus (Romans 8:1).

When the storms of life hit us, we should not be scared. When we see waves of problems and uncertainties, we must have faith and not anxiety. God can calm both the waves and the storm. "Quiet! Be still," then the wind died down and it was completely calm (Mark 4:39).

When God tells us, "Let's go to the other side" (Mark 4:35), we trust Him. We may pass by a disturbed sea, but we should not be alarmed. With God, we will arrive safely.

We should not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, we must present our requests to God; and the peace of God, which transcends all understanding, will guard our hearts and our minds in Christ Jesus (Philippians 4:6-7).

5 Ways to Handle Anxiety

We should:

1. keep in mind God's faithfulness.
2. stay positive. Speak words of life.
3. submit our request to God with thanksgiving in our hearts.
4. visualize the end in mind. Have faith.
5. elevate Jesus. amidst the storms and trials.

Reflection(s):

- A. What storms or problems are you anxious about?
- B. Do you believe that God can calm your storm?

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