



"Anxiety...No More!"

Wed April 16 , 2025

I. **Philippians 4:4-8**

A. The Problem

1. Anxiety
 - the scripture uses the word "careful" – *anxious, to take care or thought*
 - Anxiety is a form of fear and every believer should be free from it!
2. It is more common than you think
 - *It is the most common mental illness in America, affecting over 40 million adults*
 - *As many as 25% of adults are affected by intense anxiety at some time in their life; and 18% of adults have an anxiety disorder in any given year.*

B. The Answer

1. Praise, Prayer, and Thanksgiving (Not Medication)
 - Rejoice when? Always (when you feel like it and when you don't). (Remember, Satan cannot understand your praise!)
 - Prayer: Spending time with the Father will keep distractions and anxiety away.
 - Thanksgiving: Instead of looking at what is wrong, find something that is right.
2. **Hebrews 13:15** *"By Him, let us therefore offer the sacrifice of God continually, that is the fruit of our lips, giving praise to His name."*

- My praise makes a way for me. God is the Glory and the lifter of my head!

II. Putting Anxiety in its place

A. **Hebrews 2:14-15**

1. Refuse to take ownership of something that does not belong to you! ("My" should only be applied to what is yours according to the scripture!)
2. **Psalms 23:4** *"Yea, though I walk through the valley of the shadow of death, I will FEAR NO EVIL..."*

B. Think on these things

1. *First...you must give your cares to God (all of them)* **I Peter 5:7**
2. *Second...you must cast down any thought from the enemy* **II Corinthians 10:5**
3. *Third...you must replace evil thoughts with God-thoughts* (good thoughts only last a while, but God-thoughts last forever).