



Hope For Anxiety

When I said, “My foot is slipping,” your unfailing love, Lord, supported me. Whenever I am anxious and worried, You comfort me and make me glad. Psalm 94:18-19

1. **Jesus identifies with us.** Hebrews 2:17-18, Philippians 4:7
 - As a human on the earth, Jesus experienced anxiety. He felt all the emotions we feel. Jesus laughed, cried, and felt anger. He felt loneliness, sorrow, and grief.
2. **Don't isolate yourself.** Proverbs 12:25
 - Surround yourself with people who will bring encouragement and joy into your life.
 - Go to church, even when you don't feel like it.
3. **Listen to those closest to you, who love and care about you.** Proverbs 19:20
 - Sometimes people we trust **CAN SEE** what we **CANNOT SEE** in our own lives.
 - Don't be dismissive when a trusted spouse or friend tries to speak wisdom into your life.
 - Listen to the warning signs in your body.
4. **Stay full of the Holy Spirit.** John 10:10, Ephesians 5:18-19, Psalm 103:1-4
 - When you keep your spirit full and strong, it will affect every area of your life in a positive way!
 - Read scriptures daily concerning peace and joy.
 - When you have negative thoughts, declare those Scriptures out loud to drown out the lies of the enemy.
 - Spend extra time reading your Bible, praying, listening to upbeat praise music, and worshipping God.
5. **Find the root of the anxiety.** Psalm 91, I Corinthians 10:13, Psalm 139:23-24
 - Anxiety is a response to fear and worry.
 - Are you too busy? Are you experiencing unexpected stressful events or trauma?
6. **Be honest and open with God.** Hebrews 4:15
 - Sometimes we distance ourselves from God as if we have disappointed Him or we feel **GUILTY** for not being stronger.
7. **Find balance in your life.**
 - We all need time to rest, replenish, and restore.
 - Ask yourself, what am I doing that rubs me the wrong way; that stresses me out and drains me?
8. **Let go of trying to control everything and everyone.** Psalm 121:5, Isaiah 26:3, Romans 8:28
 - All our worrying and controlling is not going to make things any better.
 - Every time you are tempted to control your circumstances or other people, stop, and say, Jesus, I surrender to You. You are in control!
9. **Don't overthink it.**
10. **Be compassionate and understanding with yourself.** Psalm 34:4
 - There is **NO SHAME** in what you are going through.
 - Quit beating yourself up and putting yourself down.
 - Start taking any steps you can to get better.