

# OVERCOMING ANXIETY

## Finding Peace, Discovering God

### Understanding our Worries #2



**“When my anxious thoughts multiply within me, Thy consolations delight my soul.” (Psalm 94:19)**

The Psalmist did not deny worry or pretend to have a life untouched by worried thoughts. He understand them. By stating *‘when,’* he acknowledged worry as something that touched his life. Today we discuss:

**Why is there such a thing as worry? If worry is natural, why does it bring so many bad consequences on our lives.**

### Goals of this seminar

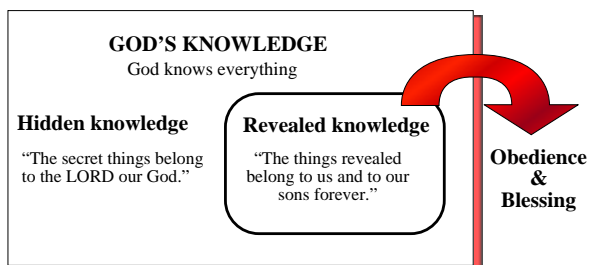
We will leave our \_\_\_\_\_ behind and cross over to \_\_\_\_\_.

### Review of Session #1

We are not just finding peace with God but obtaining peace of God in our hearts. We can admit we do not know how to get there, but the bridge leads us to where we otherwise could not get to. This bridge represents a journey of life with God. When we seek peace, we are actually seeking God Himself. There is no true peace apart from Him. We will be explaining why this is so a bit later today.

**“Monsters that revel in darkness must be dragged into the open, that they may be withered up by the light. Spurgeon’s Gold p. 150.**

### God’s Knowledge #3



“The secret things belong to the LORD our God, but the things revealed belong to us and to our sons forever, that we may observe all the words of this law.” (Deuteronomy 29:29).

**We can know what God says about anxiety. Do you really want to know?**

God has revealed to us what we need to know to eliminate big and small worries and even more important to bring us His wonderful peace.

*“The beginning of wisdom is: Acquire wisdom; And with all your acquiring, get understanding. “Prize her, and she will exalt you; She will honor you if you embrace her. “She will place on your head a garland of grace; She will present you with a crown of beauty.” (Proverbs 4:7-9).*

Throughout this series, I am sharing from this revealed knowledge. This is God’s special gift for us which we don’t want to miss out on.

Releasing God’s Life-Changing Truth to a New Generation



**Biblical Foundations for Freedom**

www.foundationsforfreedom.net  
seminar@foundationsforfreedom.net

*Jesus said in John 8:31-32 says, “If you abide in My word, then you are truly disciples of Mine; and you shall know the truth, and the truth shall make you free.”*

## A Squirrel and a Flower #4



We must ask the question, "Why does man worry when animals do not?" We will find part of the answer in the way God designed human beings different from other created things.



The squirrel and flower seem oblivious to this disorder called worry common among mankind. The squirrel doesn't gather nuts because of worry; it is not self-programmed to store up nuts. We call this instinct.

The flower does not think about the nectar being taken by the bee nor is it concerned when a blossom is picked. Jesus states that God cares for these animals and flowers even when they do not care for their own needs.

"And why are you anxious about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that even Solomon in all his glory did not clothe himself like one of these."  
Matthew 6:28-29

### Why does only mankind have worries?

The difference is not the need. People as well as birds have needs for things around them.

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## Marks of Humanity #5

We will mention only four of the special marks that distinguish man from animals. They enable, not cause, man to worry. These built-in parts of man are called his nature. They reflect God's own person.



### ● Time aware – Hope

A sense of past, present and future.

### ● Self aware – Love

Conscious of our person and needs.

### ● God aware – Faith

The presence of an Almighty God

### ● Moral aware – Holy

Inherently knows of right and wrong

"And God created man in His own image, in the image of God He created him; male and female He created them."  
(Genesis 1:27)

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## A Penetrating Look #6

### #1 Man Before the Fall

Mankind was originally made with a total trust in the Lord. He believed God would take care of all his needs.

### #2 Man During the Fall

During the fall man chose to question God's care for him and take the care of his needs into his own hands. This was the fall.

### #3 Man After the Fall

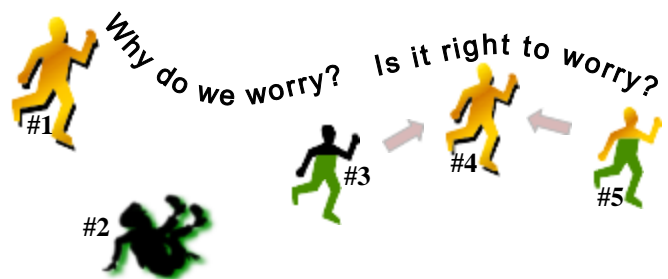
After the fall, man became preoccupied with meeting his own needs since he no longer trusted God to do it. We replaced our trust in God with trust in other things.

### #4 Man Rescued by Jesus Christ

The ability to trust God to meet our needs returns when we become God's children by trusting in Jesus Christ.

### #5 Man Again Strays

Christians like Adam can be distracted with temptations and not trust in God. Worry then is the expression of doubt, the lack faith and trust in God to care and meet our needs.



## Defining our Problem #7

Anxiety comes from insecurity. Insecurity occurs when we begin to discover those things which we have trusted in are no longer trustworthy. As a result we are confused and unsure of the future.

Confusion

Anxiety

Insecurity

Insecurity is revealed by showing the unreliability of those things which we had formerly trusted to fulfill our different needs. We should realize that most of our 'trusted things' lie are hidden away. They are acquired early on and rarely noticed and examined.



## A Different Perspective #8

We normally avoid thinking about worry. We don't want to admit to the deep down despair and felt defeat. But anytime before our death that God destroys those other things which we have relied on is from His grace. All of these things will one day fail us. If they fail us now, we have time to rebuild on that which does not perish.

**“For He has brought low those who dwell on high, the unassailable city; He lays it low, He lays it low to the ground, He casts it to the dust. ...”** Isaiah 26:5-6



Peace

“And the world is passing away, and also its lusts; but the one who does the will of God abides forever.” (1 John 2:15-17)

## Providing a Solution #9

Security

Insecurity

In order to gain the security that we were designed to have, we need to trust in one who is all powerful and genuinely cares for us. Only God fits that description.

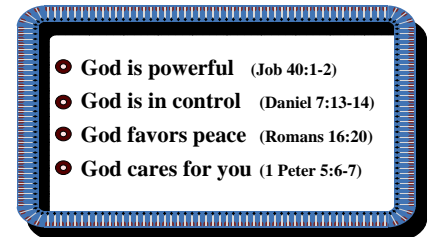
**God is powerful** (Job 40:1-2)  
God is able. He has all power.

**God is in control** (Daniel 7:13-14)  
God is in full control of things.

**God of peace** (Romans 16:20)  
God is bringing things to peace and harmony.

**God cares for you** (1 Peter 5:7)  
God desires to greatly bless all of His children.

Where do we find that security?



God is not only able but desirous of bringing help to His people.

## True Security #10

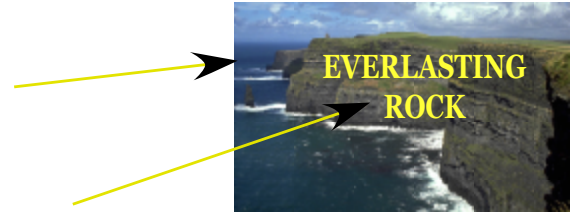
Genuine security is founded on two principles:

### Constancy

Everlasting carries with it the meaning of unchanging, permanent, eternal, and constant. If the guard is down for a moment, then security is gone.

### Protection

The image of Rock is one of firmness, unbending, uncompromising, unyielding, hardness, solid, and without challenge.



**“Trust in the LORD forever,  
for in God the LORD, we  
have an everlasting Rock.”**  
(Isaiah 26:4)

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## Genuine Peace #11

Peace will not come just by destroying those things that we have formerly trusted for security. We will have ‘perfect peace’ only when we trust in God. We must take two steps:

### 1) Renounce

Forsake those things that one has formerly or even now find yourself trusting.

### 2) Trust

Pursue God for a trust in Him that brings His perfect



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## Touching our Lives #12

### Principles

- What principles were strongly impressed on me today?

God of  
Peace

### Applications

- What clear decisions, plans, confessions, etc. do I need to make because of what God spoke to me during this session?

### Testimony

- What one or two special lessons, stories, illustrations, warnings, etc. can I share with others that might encourage their faith?

God is exposing the root of our worries today. I wonder if you can see the worry in the hearts of people around you? Can you with the Psalmist ask God to search your heart and see if there be any wicked way in you? Can you admit that worries reveal that you are trusting in the wrong things for security? Tell God all your worries. Ask Him to help you better understand how He alone wants to be your trust. Ask Him to break down these false trusts so that later you will not be greatly disappointed. Can you ask God to be your only Refuge?