

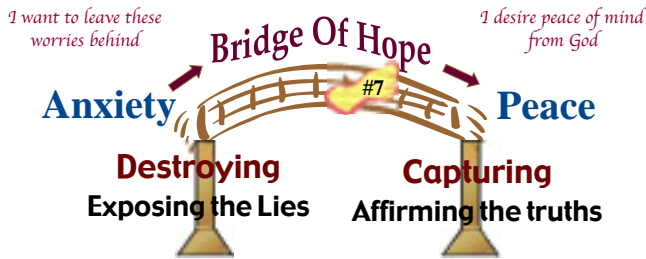
OVERCOMING ANXIETY

Finding Peace, Discovering God

Finding the Peace of God

Session #7

Finding the Peace of God Slide #2



"We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ." 2 Corinthians 10:5

How do we gain that peace?

The _____ aspects of the battle to overcoming worry are: Destroying and Capturing.

1) The **destroying** speaks to those things that go counter to God. eg. secularism. This is summarized by the word

'_____.'

2) The **capturing** speaks about taking back what we had lost and using it for the Lord. This is the process of sanctification.

This is summarized by the word '_____.'

Three Enemies of Peace Slide #3

Peace is the _____ of trouble; the _____ of God.

If anxieties, stresses and fears are not effectively dealt with by living godly lives, _____ are added to our problems.

Each of these states admits some form of _____

- one of paralysis. The Scriptures calls people who have given themselves over to these maladies as _____ or _____.

Once accepted, they control ones life to whatever degree, _____

Anxiety, stress and fear are 'buddies' working together to steal away our peace.



Anxiety (Anxi)Stress (Stress)Fear (Fearful)

A state of trouble over unsuccessfully resolving important matters.

A state of silent frustration over matters we feel that we can do nothing about.

A state of alarm over a vital concern we feel that might bring us harm.

Distracted
Constantly
figuring out
solutions

Defeated
Frustrated
over
no resolve

Alarmed
Worrying
about my
security

"Of whom were you worried and fearful, When you lied, and did not remember Me, Nor give Me a thought? Was I not silent even for a long time So you do not fear Me? (Isaiah 57:11).

An anxious spirit is constantly troubled by its attempts to _____ many _____ situations causing states of perplexity, confusion and irresponsibility.

Stress is a constant gnawing _____ that takes away _____ of living.

Fears revolve around _____ drives connected to perceived areas of _____.



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

Slide #1

Biblical Foundations for Freedom

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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." (NASB used unless noted)

Understanding Temptation's Trick Slide #4

Temptations intrude into our life's path in order to lead us astray.

Every temptation is founded on a _____ and always presents a life style that departs from the commands of God. They attract us by asserting the alternative way is

the _____. It never is. Never.

The best thing to do is keep on the right path.

Understanding Temptation's Trick

Path of truth

Path of falsehood

TEMPTATION

- **Deception**
- always uses lies
- **Disappointment**
- always gives false promises
- **Damage**
- always lead to sin

Worry makes us very susceptible to temptations

Preventative Measures Slide #5

We need to train our selves to be more conscious about what we are thinking. Go deeper than ones feelings. We do this through

- consistent _____ in God's Word,
- _____ and
- _____ with God.

Too busy? Then spend your time _____!

Preventative Measures

1. Avoiding the Claws of Temptation

- **Catch it!** Be aware of thought
- **Discern it!** Analyze the thought
- **Decide it!** Make the right decision.



Recovering from Worry Slide #6

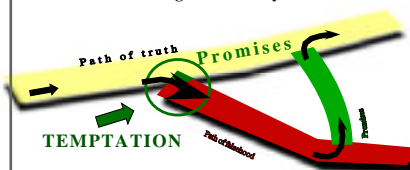
If we are going to recover, we need the _____ of God's Word. If we don't know them, then we _____ get back.

Promises are special sections of God's truth that instill

in us _____ and _____. They give us special access to God's mind to keep us on the way of truth and protect us from temptation and falling away.

Recovering from Worry

Returning to God's way.



Promises are truths of God relating to how He will graciously care for you

2. Recovering by God's promises

- Regularly meditate on God's Word
- Plead with God to teach you
- Keep special list of struggles
- Note what promises pop out at you
- Affirm you will live by His promises

Psalms 125:1

Those who trust in the LORD are as Mount Zion, which cannot be moved, but abides forever.

Focusing on God's Word Slide #7

Again and again we find that true comfort and help comes from

_____ .

_____ and _____ is revealed to us when we get His Word into our lives. We can see this in the way these men who were experiencing difficult times actually met God through the words of the scriptures.

#1 Psalm 94:19

When my anxious thoughts multiply within me, Thy consolations delight my soul.



His Word becomes our thoughts

#2 Psalm 119:81

"My soul languishes for Thy salvation; I wait for Thy word."

#3 Psalm 119:174

"I long for Thy salvation, O LORD, And Thy law is my delight."

Meditating on God's Promises Slide #8

The study of God's Word:

- 1) Motivated with a heart to _____ and _____ God and
- 2) Result in a _____ before God what God is trying to say to him.

Joshua 1:8* "This book of the law shall **not** depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have **success**."

Psalm 5:3 'My Morning Prayers'

"In the morning, O LORD, Thou wilt hear my voice;

The promise is that Jehovah God will personally hear my voice in the morning.

In the morning I will order [my prayer] to Thee and [eagerly] watch."

In the morning I will in two ways cast my heart upon my God.

- 1) I will pray to You my Lord
- 2) I will look through the day to see how you provide.

What a way to start the day!

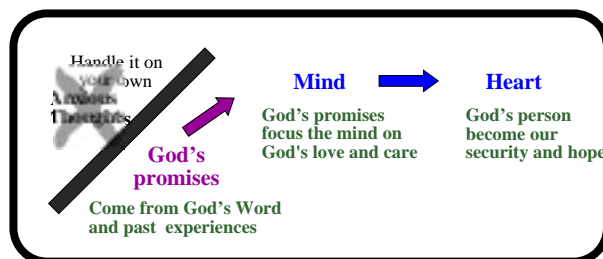
Controlling our Thoughts Slide #9

Our mind can only _____ upon one matter at a time. When we start thinking of God's promises, the _____ thoughts and false promises are necessarily put to the side. We adopt the new words of God for our hope and future direction of life.

When we open our hearts for God's _____, they become the focus of our mind and enter our heart.

New faith comes as the _____ takes the promise and applies it to our situation. Where we once were controlled by worry, now God's precious words controls our mind and lives.

We can only think about one matter at a time. By deliberately changing what we think upon, we set our hearts on God's provisions.



His Person, Power and Ways Slide #10

Peace will be _____ unless we have resolved the down deep root worry that we have been trying to satisfy. For God's comfort to become ours, we need to focus on His person, power and ways. Our thoughts need to be like His thoughts.

When God's thoughts become our thoughts, we have the peace of God.

"Seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. For by these He has granted to us His precious and magnificent promises, in order that by them you might become partakers of the divine nature, having escaped the corruption that is in the world by lust."

2 Peter 1:3-4

Stepping into the Peace of God Slide #11-12

If you want a shoddy type of peace, look for an easy-sounding solution. But if you want God's satisfying peace, then prepare yourselves to

_____ and _____.

God's way of creating this genuine peace is unlike the way we normally look for peace too. **Let's note the 7 steps to find this peace.** Paul presents them in two phases.

- 2 I urge Euodia and I urge Syntyche to live in harmony in the Lord.
- 3 Indeed, true comrade, I ask you also to help these women who have shared my struggle in the cause of the gospel, together with Clement also, and the rest of my fellow workers, whose names are in the book of life.
- 4 Rejoice in the Lord always; again I will say, rejoice!
- 5 Let your forbearing spirit be known to all men. The Lord is near.
- 6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
- 7 And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus. (Philippians 4:2-6, NASB).

Abiding in the God of Peace #13

8 Finally, brethren,
 whatever is true,
 whatever is honorable,
 whatever is right,
 whatever is pure,
 whatever is lovely,
 whatever is of good repute,
 if there is any excellence and
 if anything worthy of praise,

let your mind
 dwell on these things.

"The things you have learned and received and heard and seen in me, practice these things; and the **God of peace** shall be with you." Philippians 4:9

Practicing the Truth (4:9) Step #7 → **GOD OF PEACE**
 Meditating on Truth (4:8) Step #6
Phase #2

"And the **peace of God**, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus." (Philip. 4:7)

PEACE OF GOD ← Step #5 Praying Out Our Anxieties (4:6)
 Step #4 Living Graciously (4:5)
 Step #3 Rejoicing In The Lord Always (4:4)
 Step #2 Helping Co-workers (4:3)
 Step #1 Living in Harmony (4:2)
Phase #1

The apostle realizes that the peace of God is good but not our goal. We need to abide in the God of peace. We see instantly how he describes the renewed mind like Christ.

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." (Philippians 4:6)

Touching Our Lives Slide #14

Principles

- What principles were strongly impressed on me today?

Applications

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

God of Peace

Testimony

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