

Anxiety, Worry, Stress – Biblical Help to Cope

Philippians 4:6-9

This week we are taking a look at the help the Bible gives us when we are dealing with Anxiety, Worry and Stress. Sometimes we need re-assurance that we are handling our troubles and problems correctly. God promises us peace when we give our troubles over to him and lean on him. The key seems to be learning to abide in Jesus Christ.

1. Anxiety, Worry, and Stress defined
2. Philippians 4:6-9
 - a. Be anxious for nothing (Philippians 4:10-13)
 - b. Pray about and Give thanks for everything (John 3:16, 1 Peter 5:6-7, Psalm 55:22, Proverbs 3:5-6, Psalm 34:4, 17)
 - c. God's Peace (Psalm 3:3, Psalm 94:19, John 14:27, Romans 8:38-39, 2 Tim 1:7)
 - d. Think on what is true, pure.... Avoid the Junk (2 Corinthians 10:4-5, Matthew 6:33-34)
 - e. Keep on practicing (Joshua 1:9, 2 Corinthians 1:3-4, Isaiah 35:4)
3. Examples:
 - a. King Saul: Focus on God (1 Samuel 16:14-23)
 - b. Elijah: Avoid the noise – listen for God (1 Kings 18-19)
 - c. David: Trust and abide (Psalm 56:3, Psalm 40:1-3)
4. Abiding in Jesus Christ (John 15, Galatians 5:16-23, 1 John)

Digging Deeper

1. Are you stressed? Are you worried? Are you filled with anxiety? How does this manifest in your life? What do you normally do to cope?
2. Do you relate to King Saul or Elijah? Who else in scripture suffered from worry, stress or anxiety – Martha? Timothy? Who do you relate to?
3. Why are David and Joshua examples of abiding? Were they worry or anxiety free? How did they cope?
4. Luke 12:22-26 and Matthew 11:28-30 are two instances Jesus mentions worry, what are the lessons from these two snapshots?
5. Colossians 3:1-2, 2 Corinthians 4:16-18, Hebrews 12:1-2 We have new life in Jesus Christ, how is that new life supposed to affect our outlook and how we cope with life's trials?
6. How many Psalms talk about giving our cares to God and trusting him to protect us? How many of the Psalms reference his peace? His Love? Why?
7. James 1 tells us to be thankful for the trials in life. Why? What do trials do for us? How do they make us better Christians?
8. John 15 tells of the fruit of abiding, 1 John tells about the purpose of abiding, Galatians tells us also about the fruit of abiding. Why is abiding in Jesus, the conclusion of the sermon on dealing with stress, worry and anxiety?