



How To Overcome Anxiety

Philippians 4:2-9

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Accept The Reality That Life Is Difficult

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

John 16:33

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Adopt The Right Attitude

- **Rejoice:**

James 1:2-3 “Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything”

- **Attitude of Gentleness:**

Lit = to be mild, moderate or patient

- **Focus on Jesus**

Joshua 1:1-9

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Choose Actions That Combat Anxiety

- **Pray:**

- ~Prayer: General
- ~Petition: Specific
- ~Request: Details

- **Positive Thinking:**

- **Practice Paul**

1 Cor 11:1: “Follow me...as I follow Christ!”

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Do You Want To Overcome Anxiety?

Accept Life Is Difficult
Adopt The Right Attitude
Choose The Right Actions

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