



The Antidote to Anxiety

The Reality: We all face anxiety. Anxiety is the over-estimation of a threat and the under-estimation of my ability to cope with that threat. We feel out of control, and therefore we get anxious. While it is true – we are not in control of every aspect of our lives – this doesn't mean we have to feel anxious. In many cases, we are dwelling on the anxious situation and thereby making it feel more difficult or challenging than it actually is.

The Antidote to Anxiety: While we may not be able to control the anxious situation, there is Someone who is in control! A new buzzword in the field of Psychology is “Mindfulness,” which basically means to pause and focus on what you are thinking and feeling in the moment. God's word has taught of mindfulness long before Psychology was even a science. God gives us the antidote to anxiety, using mindfulness, in His Word. Look at the verses below:

2 Corinthians 10:5 - 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,

Philippians 4:4-8 - Rejoice in the Lord always; again I will say, rejoice! Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. 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, dwell on these things.

Philippians 4:13 - I can do all things through Christ who gives me strength.

These verses teach us the antidote to anxiety:

1. Pray: Think of who you are praying to. He is the God of Everything! He is not caught off guard, He sees what you are going through in every detail.
2. Ask God to help you capture your thoughts and evaluate them based on what is true, not how you are feeling in the moment. JUST BECAUSE I THINK IT OR FEEL IT DOES NOT MAKE IT TRUE. Take the time to think about your thoughts, create space between when the thought comes into your mind and when you respond to the thought. Do not be reactive to the thought, but mindfully respond by taking it captive to Christ.
3. Thank God for what is True – He is with you, He has a plan, He will never leave you or forsake you, He declares your worth and value, He gives wisdom, etc. (Psalm 55:22; Isaiah 26:3-4; Isaiah 41:10; Isaiah 43:1-2; Matthew 6:24-34; Hebrews 13:5-6; I Peter 5:6-7; 2 Chronicles 10:1-30)
4. Dwell on what is True! Specifically what is TRUE of GOD - there are legitimate things to be anxious about – my husband has had an affair, my mom has cancer, my teen is rebelling, etc. But what is TRUE?
 - a. I can't promise bad things won't happen, but I do not have to face it alone! God will walk through it with me.
 - b. My worth and value is declared over me by Christ – it is not based on what I do or do not do OR what someone else thinks of me.
 - c. I can reach out to friends for help.
 - d. I can write down a list of possible solutions to my problem
 - e. I can seek help and clarity from a counselor who will walk through this difficulty with me.
 - f. I cannot control another person, I can only control my emotions and response.
5. Shift your focus from your fear and anxiety to the God of everything who loves you and will never leave you.