

OVERCOME ANXIETY

SEPTEMBER 5, 2021

WORSHIP

In Control,
Jesus Son of God,
Great are You Lord

WELCOME

What kind of thoughts
and emotions have
filled your heart and
mind lately? Why do
you think that is so?

WORD

PSALM 42:1-5

As the deer pants for the water brooks, So my soul pants for You, O God. ² My soul thirsts for God, for the living God; When shall I come and appear before God? ³ My tears have been my food day and night, While they say to me all day long, “Where is your God?” ⁴ These things I remember and I pour out my soul within me. For I used to go along with the throng and lead them in procession to the house of God, With the voice of joy and thanksgiving, a multitude keeping festival. ⁵ Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him For the help of His presence.

(READ THE ENTIRE PSALM)

What comes to mind when you hear the word DETOX? The word TOXIC usually refers to substances that can cause harm or death— it can either have immediate or long-term effects. This new series-- LIFE DETOX-- will focus on toxic emotions and attitudes that are as, if not more, dangerous to us. Emotions affect us physically. Worrying releases the hormones cortisol and adrenaline in our bodies which can harm our health. Especially during this pandemic, the toxic emotion of anxiety and worry is prevalent. It does not only harm our health, but also affect relationships with and our spiritual walk with God. Emotions are not bad – it’s part of what makes us human. But how do we deal with toxic emotions like **WORRY** and **ANXIETY**? Jesus commands us in **Matthew 6:25-28** – “**do not be worried about your life**”. He knows that we may worry about many things in life, and He told His disciples to stop worrying and reminded them that our Heavenly Father takes care of us.

We can overcome worry and anxiety using the **4Rs**:

1. REALIZE

Psalms 42 deals with the reality of anxiety and worry. It begins by showing the heart of the author longing for God just as deer thirsts for water in a parched land. The reality of problems was also highlighted. All of us struggle with negative emotions similar to this. In **v.4**, the author looks back to good times in the past in the service of God. The author realizes the issues he struggles with (**v.5**) – this is the first step in overcoming: to admit that we have toxic emotions like anxiety and worry and realize that we must exert effort to improve.

2. ROOT

The second step is to go to the root cause of your anxiety. **Verse 5** is repeated in **verse 11** and also in **Psalms 43**. Many times, we are superficial – we don’t deal with the root problem. We usually think the problem is with others, or because of circumstances. We will not be able to resolve problems until we go to the root cause. Usually, the root problem can be found in us! This is the reason we are advised to self-talk asking the WHY (like in this psalm): why are you always worried? When we talk to our hearts, it can reveal struggles that are ingrained in us. Spiritual maturity is not just measured in the depth of knowledge about the Bible – it also has everything to do with being able to control our emotions. As you go deeper and deeper, God will speak through your heart and through His Word.

3. RECALIBRATE

The next is to renew your thinking. What a man thinks in his heart, so he is (**Proverbs 23:7**); the battle is in the mind. **2 Corinthians 10:3-5** talks about the reality of spiritual warfare. Right now, at this very moment, there is a war going on in our

WORD

minds – so we must “**take every thought captive**”. Are we always aware of what we are thinking or feeling? We must learn to control the thought life – not allowing the enemy to plant thoughts in our minds. **Romans 12:2** reminds us not to be conformed to this world and be influenced by its values, but “**be transformed by the renewing of the mind**”. You assume responsibility for the renewing of your mind. Is your thinking biblical or worldly? Truth is crucial in thinking! If you always think of problems and dwell on so many negative things, it will be dangerous to your mental health. Thoughts enter our mind, and soon it impacts our emotions, and dictates our actions (TEA PRINCIPLE). Therefore, we must recalibrate our minds! If you believe Satan’s lies, and you always worry about things in your life, you will interpret everything that happens to you as disappointments, despite the truth that God often uses these things to give us breakthroughs.

In **2 Samuel 10**, we see David wanting to console the new Ammonite king, but instead of accepting the consolation, his officials told the king Hanun certain wrong assumptions and evil accusations about King David. The new king did not evaluate this wrong information and immediately jumped to a conclusion. King Hanun embarrassed and insulted David’s messengers – and this led to a useless war! Beware of “**confirmation bias**” – where everything a person does to you is interpreted negatively because you have biased thinking. Learn to have a **suspense file** – suspend judgment and check the truth first! Guard your thought life and recalibrate – renew your mind based on what the Bible says! You and I don’t have to be victims of our past circumstances. We have freedom to choose our attitude today.

4. RECOGNIZE

It’s one thing to believe in God, but another thing to truly **TRUST** God. We must recognize His sovereignty – surrender our limitations and problems, do our best with the things that are within our control, and lift to God the things that are beyond our control. The solution is ultimately GOD! To recognize Him, we must accept our limitations – assume responsibility and surrender everything else to God. We should not try to control others; entrust everything to God, including our past and present struggles!

In **Psalm 42:5**, the psalmist reminds himself to **HOPE IN GOD** – to wait expectantly, to trust and believe that He is bigger than problems and circumstances. **Philippians 4:6-7** gives us a clear command to go to God in prayer, recognize His sovereignty by thanking Him in everything in advance! If we entrust our dilemmas and worries to God, the peace of God will be there to protect us. All things will work together for good (**Romans 8:28**) if we recognize who God is and trust that He will be able to accomplish His purpose and plan for us (**Psalm 138:8**). The moment we trust, thank, and express faith and hope in God, we will be able to detox from worry and anxiety. Be thankful. Be prayerful. Assume responsibility for your thought life!

DISCUSSION QUESTIONS

1. Self-Check

On a scale of 1-10, how emotionally healthy are you? Ask family members for feedback as well.

2. Setting It Right

What makes you worry or be anxious as a parent, a spouse, a single adult, or as a young person living in these times? What can you do to change your mindset into a hopeful one?

3. Living It Out

What can you do to help family, friends, classmates and co-workers overcome anxiety and worry especially in today’s pandemic situation?

WORKS

PRAY CARE SHARE IN ACTION

Pray for and with people around you who have legitimate concerns due to their circumstances especially in this pandemic. Extend whatever help you can and encourage them to surrender their worries and anxious thoughts to God. Share how they can place their faith and trust in Jesus, the only One who gives perfect peace in our troubled world.

WEEKLY PRAYER POINTS

I. Thanksgiving

Worship God for who He is, what He has done, and what He will do in our lives

II. Country and the World

Upright and moral governance of Public Servants
A God-centered Philippines
Repentance and Salvation

III. Church

That CCF Members would honor and love God and make disciples
Elders, Pastors, Leaders, and Families
Ministries and Churches worldwide

IV. CCF Facilities

Worship and Training Center
Prayer Mountain

V. Personal Concerns

Deeper intimate relationship with God
Righteous living
Salvation of family and friends

MEMORY VERSE

Psalm 42:5

⁵ Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him For the help of His presence.