


**Attack your anxiety**  
**(Phil. 4:6-7)**



**Different kinds of anxiety.....**

**Test anxiety, career or profession anxiety, stranger anxiety, marriage anxiety**



**Sources of anxiety**

- sin
- health problems
  - dangerous situations
- death of loved ones
  - unmet needs
  - false beliefs
- lack of trust in God



**Some tips to avoid anxiety:**

- Listen to anointed songs and preaching
  - Relax
- Talk to someone
- Take action
- Exercise



**Biblical solutions for anxiety:**

- Seek the Lord (Ps. 34:4)
- Put your hope in God (Ps. 42:5)
- Trust God for all your needs (Phil. 4:19)
- Cast all your cares on God (1 Pet. 5:6-7)



**Biblical solutions for anxiety: (cont.)**

- rejoice in the Lord always (Phil 4:4)
  - present your anxiety to God through prayer (v.6)
- Thank God in advance for your deliverance (v.6)



**Prayer without  
thanksgiving is  
like a bird  
without wings;  
such a prayer  
cannot rise to  
heaven**



**The way to be  
anxious free is  
to be prayerful  
about  
everything**



**6 Ethical expressions that will help you to  
keep peace in your life (v.8)**

<b>Cling on to truth</b>	<b>Purity</b>
<b>Noble things</b>	<b>True love</b>
<b>Righteousness</b>	<b>Good reports</b>



**Put into  
practice what  
you learn –  
Then the God  
of Peace will be  
with you (v. 9)**

