

## Fear, Anxiety, and the Peace of God

1. The world in which we live is constantly producing fear and anxiety. Satan uses these things to negatively impact and hinder the fruitfulness of Christians. Salvation is holistic, body, soul, and spirit. We have the victory over fear and anxiety, but it is not automatic. We must use the tools and weapons God has provided and fight the good fight of faith to walk in victory. We live in a world of anxiety - Man's hearts failing them for fear Luke 21:25-29. Fear produces anxiety. Trying to deal with symptom of anxiety without dealing with the reality of the fear causing it, is useless. Therefore, doctors medicate people and why drugs and alcohol become the go-to solution for many people.
2. The peace of God is not the same as the peace we get in the world. In the world peace is based on a lack of conflict. Peacekeepers carry guns, peace-makers do not. In the Kingdom of God, peace is a spiritual quality, not dependent on circumstances. Jesus said He gave us peace – but not like the world. Expecting God to take all of the stressors out of your life so you can have peace is not a Biblical concept. God gives peace in the middle of the storm, so we become like Jesus.

### Principles for Overcoming Anxiety and Experiencing Peace

- A. **Know your Destiny** Peace is KNOWING SOMETHING
  - a. John 13:3 provision/ purpose
  - b. James 1:2-8 Knowing that the trial of your faith works patience / perfection in your life
- B. **Watch what you say.**
  - a. Your words are the rudder of your spiritual ship. Job 20:2 Zophar inner turmoil creates anxious thoughts which cause me to speak - Usually doubt and unbelief
  - b. Out of the abundance of the heart the mouth speaks – your words are an indicator
  - c. Life and death are in the power of the tongue Proverbs 18:20-21
- C. **Control what you think**
  - a. Anxiety is caused by uncontrolled thoughts produced by fear
  - b. Perfect peace Mind stayed on Jehovah Isaiah 26:3
  - c. Take every thought into captivity 2 Corinthians 10:3-6
- D. **Deal with fear head on**
  - a. Perfect love casts out all fear because fear has torment 1 John 4:18-19
  - b. 2 Timothy 1:7 God did not give you a spirit of fear, but of love, power, and a sound mind
- E. **Be anxious for nothing** Philippians 4:4-8.
  - a. Rejoice always
  - b. prayer and supplication (the word prayer indicates a place of prayer)
  - c. Thanksgiving
  - d. peace guarded hearts and minds
  - e. Think on these things mental discipline