

When Life Hurts
God's Prescription for Anxiety

Proverbs 12:25

Pastor Brian

Proverbs 12 ²⁵ *Anxiety in a man's heart weighs him down. (ESV)*

Matthew 6 ³⁴ *Therefore do not worry about tomorrow, for tomorrow will worry about itself. (NIV)*

I. What causes our anxiety?

1. Concerns about the future.

Matthew 6 ²⁷ *And which of you by being anxious can add a single hour to his span of life? (ESV)*

2. Unease about our past.

Isaiah 43 ¹⁸ *Forget the former things; do not dwell on the past. (NIV)*

3. Distress about our health.

Matthew 6 ²⁵ *Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? (NIV)*

4. Apprehension over trivial things.

Matthew 6 ³¹ *So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' (NIV)*

5. Uncertainty about legitimate concerns.

II. What is God's prescription for anxiety?

1. Ask Him for assistance.

James 4 ² *You do not have because you do not ask God. (NIV)*

Isaiah 41 ¹⁰ *So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (NIV)*

2. Remember God's resources.

Philippians 4 ¹⁹ *My God will meet all your needs according to the riches of his glory in Christ Jesus. (NIV)*

3. Trust God's timing.

1 Peter 5 ⁶ *Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. ⁷ Cast all your anxiety on him because he cares for you. (NIV)*

John 6 ³⁵ *I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. (NIV)*

III. Action Steps

1. Next time you're anxious, ask God for help, remember His unlimited resources, and trust His timing!
2. Invite someone to church!