

## SUSTAINING YOUR SOUL IN DIFFICULT DAYS PART V

### JULY 25-26, 2020

#### INTRODUCTION

- I have heard from more people how difficult it is to stay joyful and balanced during this season of life.
- So how do you sustain your soul? Your mind your emotions, your will in times like these?
- Last week we talked about the battle in life and the enemy who wants to crush us with fear.
- Fear causes me to focus on me not on God.

#### I. GUARDING YOUR MIND IN AN AGE OF ANXIETY

- We all have triggers, dragons, things that blow us up.
- A trigger is an external issue that enters the brain.
- We have a choice how we respond.
- Proverbs 12:25 NIV, “Anxiety weighs down the heart...”
- When we think in terms of anxiety, we’re really thinking in terms of feeling dread, apprehension, and uncertainty.
- Psalm 73:26 NLT, “...God remains the strength of my heart; He is mine forever.”
- Psalm 76 tells us to run to God.
- Take time to gaze on Him, sit with Him, worship Him, read His Word, and focus on His safety.

#### II. EMOTIONS

- Our emotions are a gift from God.
- We express them toward others with joy, happiness, peace, kindness, and goodness.
- Other times, our emotional expressions are brutal, caustic, harsh, and hurtful.
- The problem, arises when our emotions control us.

- Stability only comes from living on the rock.
- Matthew 6:25-34 - Three times Jesus says “don’t worry.” Why?
- Because He knows we are!!!
- When times were slower it was way easier to cope with anxiety. As life speeds up we are not able to cope.

#### III. ANXIETY AND YOUR WELL BEING

- The reason Jesus taught this was because He understood how anxiety can wreck your health.
- We take meds to quiet us down, but what if we focused our gaze on Jesus more throughout the day.
- So how else can we cope with it in a life giving way?
- Slow down your life when anxiety strikes. Stop and pray. Be still and surrender.
- Psalm 94:22, “...my God the rock of my refuge.”
- God doesn’t ever fear.

#### IV. GOD IS YOUR SOLUTION

- Philippians 4:4-7, “...Be anxious for nothing, but in everything by prayer...with thanksgiving let your requests be made known to God. And the peace of God...will guard your hearts and your minds in Christ Jesus.”
- How can He really expect us to do that?
- Anxious is merimnaó – means to over care
- Proverbs 12:25 NKJV, “Anxiety in the heart of a person causes depression but a good word makes it glad.”
- How can He tell us to be anxious for nothing???
- 1. Learn to acknowledge what you’re anxious about.
- 2. Bring your concerns to the Father with thanksgiving.
- 3. Believe that He loves you, and promises to help.
- 4. Trust Him!
- 5. Rest in the peace that God will give you the victory.