

# Dealing with Anxiety (Matt 6:24-34)



## A. Scriptures for Dealing with Anxiety

1. Cast all anxieties on the Lord - *"Casting all your anxieties on him, because he cares for you."* (1 Peter 5:7 ESV)
2. On the basis of God's faithfulness - *"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."* (Lamentation 3:22-23 ESV)
3. Fear - *"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."* (Is 41:10 ESV)
4. Lack - *"And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work."* (2 Cor 9:8 ESV)
5. Weakness - *"But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me." For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong."* (2 Cor 12:9-10 ESV)
6. Insignificance - *"Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the lord, knowing that in the Lord your labour is not in vain."* (1 Cor 15:58 ESV)
7. Guidance - *"Good and upright is the LORD; therefore he instructs inners in the way. He leads the humble in what is right, and teaches the humble his way."* (Ps 25:8-9 ESV)
8. Enemies - *"What then shall we say to these things? If God is for us, who can be against us?"* (Rom 8:31)
9. Afflictions - *"Many are the afflictions of the righteous, but the LORD delivers him out of them all."* (Ps 34:19 ESV)
10. Aging - *"Listen to me, O house of Jacob, all the remnant of the house of Israel, who have been borne by me from before you birth, carried from the womb; even to your old age I am he, and to grey hairs I will carry you. I have made, and will bear; I will carry and will save."* (Isaiah 46:3-4 ESV)
11. Persevering faith - *"I will make with them an everlasting covenant, that I will not turn away from doing good to them. And I will put the fear of me in their hearts, that they may not turn from me."* (Jer 32:40 ESV)
12. Death - *"For God has not destined us for wrath, but to obtain salvation through our Lord Jesus Christ, who died for us so that whether we are awake or asleep we might live with him."* (1 Thess 5:9-10)

## B. Questions

1. Are you a naturally anxious person? How do you deal with anxieties in life? What is the biblical way of dealing with anxieties?
2. Which of the 12 Scriptures do you find most helpful in dealing with your anxieties?