

## Learning to Replace Your Anxiety With Confidence in Christ

1. **BELIEVE** that God's desire for you is to be free from worry. (Be anxious for nothing. Cast your cares on Him for He cares for you.)
2. Try to **IDENTIFY** the true source of your worry or fear that may be leading to you anxiety. (Dig deep to the root.)
3. **PRAY**: 1.) Lay your specific burdens at His feet in prayer, trusting Him to free you. 2.) Ask for His wisdom to guide you into your part in the resolution.
4. Make a list of the ways He has already blessed you, or **THANK** Him in advance for what you believe He will do. (Rehearse His faithfulness.)
5. What **BELIEF** about God's love and care for you is more true than the source of your anxiety? (The Kingdom of God is a perfectly safe place to be. Psalm 23.)
6. What promises in God's Word would be helpful in changing the way you think? **MEDITATE** on those promises. (Ponder. Personalize. Practice. Memorize.)

### BIBLICAL MEDITATION

**Ponder:** Read the Scripture(s) attentively, perhaps aloud. Imagine the Lord speaking these words to you in a personal way. Take time to focus your attention on each word and seek to understand what the passage means.

**Personalize:** Now consider what this passage means to you. Read it meditatively, changing pronouns to personalize the verse directly to yourself. Let God speak to your heart as you mull over the verses He's given you in Scripture. If Jesus were sitting down beside you and speaking these words audibly to you, what verse, phrase, word, truth, command, or promise would affect you most deeply?

**Practice:** At the end of your time, jot down that verse or phrase to take with you into the day. You might write it on a note card, a page in your calendar, or an easily retrievable place on your phone. Review it all day, as you shower, drive, walk, work, or rest. Think about it as you fall asleep at night. Try sharing it with someone. Put into practice and do whatever it says.

**Memorize:** Commit key Scriptures to Memory.

Psalm 46:1-2 NKJV

God is our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea.

Philippians 4:7 NIV

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Psalm 56:3-4 NIV

When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?

Isaiah 41:10 NIV

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.

Isaiah 26:3 NLT

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Psalm 29:11 NIV

The LORD gives strength to his people; the LORD blesses his people with peace.

John 14:27 NIV

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Philippians 4:19 CSB

And my God will supply all your needs according to his riches in glory in Christ Jesus.

Romans 8 CSB

31 What then are we to say about these things? If God is for us, who is against us? 37...in all these things we are more than conquerors through him who loved us. 38 For I am persuaded that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, 39 nor height nor depth, nor any other created thing will be able to separate us from the love of God that is in Christ Jesus our Lord.