



HOW TO COPE WITH (OR PREVENT) ANXIETY

In this episode, Nathan and Lacey give two helpful steps for dealing with anxiety.

INTRODUCTION (00:21)

Anxiety is the paralyzing fear of the known or unknown things in our life — it is a perceived future void of God. Anxiety ultimately believes that God isn't good, He doesn't have good for us, and that we will not be okay in the end. It is important to identify the root issue or cause of our anxiety. If left unidentified — and therefore, unresolved — they will lead to us being fearful, worried, anxious, or doubtful.

1. *What circumstance, relationship, possession, or status would make you feel cared for, safe, and secure?*

STEP 1: REALIZE THAT YOU ARE NOT ALWAYS IN CONTROL (05:55)

Often, we believe that we can only depend upon ourselves or others to fix, get through, or get over painful or uncomfortable circumstances. Our willingness to accept our inabilities will allow us to experience the Holy Spirit's peace and rest in those areas.

2. *With who or in what circumstance, when you're not in control, makes you emotionally, physically, or mentally stressed, frustrated, disappointed, or burdened?*
3. *Why do you think this is?*

STEP 2: RELEASE CONTROL OF THE THINGS YOU DON'T HAVE CONTROL OVER (08:22)

Our unwillingness to release control of our unmet needs or desires will cause us to reject God's provision in those circumstances. This release can only come through trusting that God is good and desires good for you — even amidst painful, uncomfortable, or out of control situations.

4. *What recent circumstances did not work out how you expected or thought it should.*
5. *How did you respond?*

ACTIVATION STEP (11:18)

We invite you to pray — repeat this prayer after us. Then, listen for what the Holy Spirit has to say to you and about you.

6. *Identify the areas in your life that often lead to fear, doubt, or anxiety.*
7. *How have you responded in the past? What has this produced?*
8. *How can you release control of this area in your life?*