



## Anxiety

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**Fear - Sees a threat and reacts**

**Anxiety - Imagines a threat and can't move on**

### **Underlying Causes of Anxiety**

1. Change
2. Hurry
3. Personal Challenges

**Philippians 4:6-7** "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

### **Counterweights for Anxiety**

1. Celebrate the goodness of God
2. Ask for help
3. Leave your concerns
4. Meditate on good things

**1 Peter 5:7** "Cast all your anxiety on him because he cares for you."

**Philippians 4:8** Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."