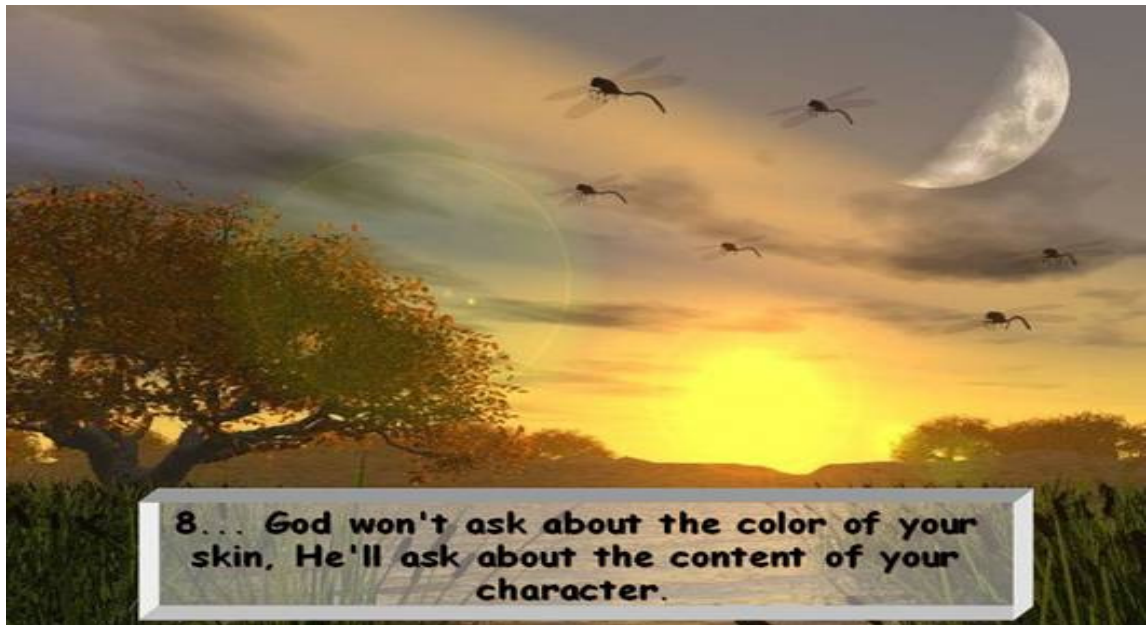


Worry and Anxiety Management (WAM)



Graham F. Watts, Sr.

VISION: To hear the midnight cry, “The bridegroom comes, go out to meet Him” (Matthew 25:6) and become like Him when I see Him as He is (1 John 3:2).

MISSION: Purify myself even as Christ is pure (1 John 3:3), to be glad, to rejoice, give honor to Christ and be ready for the marriage of the Lamb (Revelation 19:7).

VALUES: Follow the Lamb wherever He goes (Revelation 14:4), be without fault before God (Revelation 14:5), be perfect even as my Father in heaven is perfect (Matthew 5:48), wear the Lamb’s fine, clean and white linen (Revelation 19:8) do righteously (1 John 3:10) and walk humbly with God (Micah 6:8).

OVERALL AIM: Studies presented here unveil Bible knowledge to inquiring minds to prompt the following inquiries: “Are our feet on the rock of ages? Are we one with Christ as He is one with the Father” (John 10:30 in Evangelism, {Ev} 199.1)? Am I crucified with Christ (Galatians 2:20)?

PURPOSE/REASON FOR/WHY

27
28 The focus here is on discovery of Bible tools for management of worries
29 and anxieties.

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31

OBJECTIVES/WHAT WE WANT TO ACCOMPLISH

33
34 At the end of this study, the reader is equipped to release worries and
35 anxieties.

36

SIGNIFICANCE: SO WHAT

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39 “The foolishness of man subverts his way... [and] then his heart is
40 resentful and [he] frets [or worries] against the Lord” (Proverbs 19:3,
41 Amplified Bible, AMP). “He who leans on, trusts in and is confident of
42 his own mind and heart is a [self-confident] fool; but he who walks in
43 skillful and godly wisdom shall be delivered” (Proverbs 28:26, AMP).
44 “Trust in the Lord with all your heart and lean not on your own
45 understanding; in all your ways acknowledge Him and He will make your
46 paths straight [as in worry free]” (Proverbs 3:5-6, NIV).

47

BACKGROUND CONTEXT

49
50 “Can any one of you by worrying add a single hour to... life? And why do
51 you worry...? See how the flowers of the field grow. They do not labor
52 or spin. Yet I tell you that not even Solomon in his [entire] splendor
53 was dressed like one of [them]. If that is how God clothes the grass
54 of the field, which is here today and tomorrow is thrown into the fire,
55 will he not much more clothe you, you of little faith?” (Matthew 6:27-
56 30, Today’s New International Version, TNIV). This background prepared
57 the way for the study question that follows.

58

59 **STUDY QUESTION**

60

61 How do I overcome worries and anxieties?

62

63 **ANSWER SOURCE: HOLY BIBLE**

64

65 1. **Overcome worries and anxieties by being confident of God's promises.**

66 "As thy days, so shall thy strength be..." (Deuteronomy 33:25). "Let
 67 the words [spoken by] Christ (the Messiah) have its home [in your
 68 hearts and minds] and dwell in you in [all its] richness, as you
 69 teach, admonish and train one another in all insight, intelligence
 70 and wisdom [in spiritual things, and as you sing] psalms, hymns and
 71 spiritual songs, making melody to God with [His] grace in your
 72 hearts" (Colossians 3:16, AMP). "The eye of the Lord is upon them
 73 that fear Him, upon them that hope in His mercy" (Psalms 33:18) and
 74 hope does not disappoint us... (Romans 5:5 NIV) because "...Those who
 75 hope in the Lord will renew their strength" (Isaiah 40:31, TNIV).
 76 Therefore, "Do not fret or have any anxiety about anything, but in
 77 every circumstance and in everything, by prayer and petition with
 78 thanksgiving, continue to make your wants known to God" (Philippians
 79 4:6 AMP). And if like Stephen, prayer does not change your
 80 circumstances (Acts 7:55-60), invoke other anxiety management skills.

81

82 2. **Overcome worries and anxieties by controlling your thoughts.** We are

83 responsible for "...Bringing into captivity every thought to the
 84 obedience of Christ" (2 Corinthians 10:5). Hence, Scripture says,
 85 "Surely I have calmed and quieted my soul; like a weaned child with
 86 his mother, like a weaned child is my soul... ceased from fretting"
 87 (Psalms 131:2, AMP). We can accomplish this quieting of the soul as
 88 we are "...Still and rest in the Lord; [waiting] for Him and patiently
 89 [leaning ourselves] upon Him..." (Psalms 37:7). In other words, "Be
 90 still and know that [He is] God..." (Psalms 46:10).

91
 92 3. **Overcome worries and anxieties by "Casting all cares upon [Jesus]..."**
 93 (1 Peter 5:7). Hardships that cause worry can be self-inflicted
 94 (Proverbs 1:22-32), but others come from the Lord as part of His
 95 leading to develop kingdom principles in our lives (read 2 Kings
 96 13:1-3; Job 5:17; Proverbs 3:11; Hebrews 12:5 & 1 Peter 4:19). But
 97 whatever the source of our worries or anxieties, "...He [who keeps]
 98 Israel... neither slumbers nor sleeps" (Psalms 121:4). "[His] ...eyes...
 99 are over the righteous, His ears... open unto their prayers..." (1 Peter
 100 3:12). God offers these assurances: "When you [pass] through the
 101 waters, I will be with [you]; and through the rivers, they shall not
 102 overflow...; when [you] walk through the fire, [you] shall not be
 103 burned; neither shall the flame kindle upon [you] (Isaiah 43:2). "I
 104 am the Lord, [your] God, the Holy One of Israel, thy Savior..." (Isaiah
 105 43:3). When in affliction, if we seek God as Jehoahaz did,
 106 deliverance comes (read 2 Kings 13:4-5) because whereas those who
 107 forsake God have their names written in dust (Jeremiah 17:13, TNIV);
 108 those in Zion are engraved upon God's palm (Isaiah 49:14-16).

109
 110
 111 4. **Overcome worries and anxieties by rejoicing in every situation.**
 112 "Rejoice in the Lord always..." (Philippians 4:4). "...All things work
 113 together for good to them that love God ...who are called according to
 114 His purpose" (Romans 8:28). "In all... things we are more than
 115 conquerors through Him that loved us" (Romans 8:37). "...God is
 116 faithful, who will not suffer you to be tempted above that [you] are
 117 able; but will with the temptation... make a way to escape that [you]
 118 may be able to bear it" (1 Corinthians 10:13). "[Christ] ...suffered;
 119 [therefore]..., He... [can comfort] them that are tempted" (Hebrews
 120 2:18). You are the apple of His eyes (Deuteronomy 32:10 & Zechariah
 121 2:8) and ...He will guide you in what is right and teach you His way
 122 (Psalms 25:9). Boast in the Lord (Psalms 44:8)! "...The Lord gives
 123 and [takes] away; blessed be the name of the Lord" (Job 1:21).

- 124 5. **Overcome worries and anxieties by exercising living faith.** Faith
 125 dispels doubt, which inhibits activity when we fear the unknown.
 126 Faith is the substance of things hoped for, the evidence of things
 127 not seen (Hebrews 11:1). Every intended action is either helped or
 128 hindered by thought processes and belief systems. And actions either
 129 succeed or become opportunities for improvements. Against this
 130 background, we are to “Cast [our] bread upon the waters... [and God
 131 promises that we will] find it after many days” (Ecclesiastes 11:1).
 132 “In the morning, [we are to] sow [our] seed and in the evening,
 133 withhold not [our] hand, for [we know] not whether [we] shall
 134 prosper...” (Ecclesiastes 11:6). Therefore, release your fears,
 135 doubts, apprehensions, indecision and manufactured troubles and storm
 136 the beaches of your unconquered issues by obeying God in faith and He
 137 will prosper you (read Genesis 39:23; Deuteronomy 29:9; Joshua 1:7-8;
 138 1 Kings 2:3; 2 Chronicles 20:20, 24:20, 26:5 & 31:21; Jeremiah 10:21;
 139 Zechariah 8:12 & 3 John 1:2). “Arise, shine; for your light has come
 140 and the glory of the Lord is rises upon you” (Isaiah 60:1, NIV)!
- 141
- 142 6. **Overcome worries and anxieties by recalibrating your attitude.** “Why
 143 art thou cast down, O my soul? Why art thou disquieted in me? Hope
 144 thou in God for I shall yet praise Him for He is the help of [my]
 145 countenance” (Psalms 42:5 & 11 or 43:5). “The Lord is good to those
 146 whose hope is in Him, ...[who] wait quietly for the salvation of the
 147 Lord” (Lamentations 3:25-26, TNIV), who is the hope of Israel
 148 (Jeremiah 17:13, TNIV). “...Those who hope in [God will] not be
 149 disgraced...” (Psalms 69:6, TNIV). “The Lord delights in those who...
 150 put their hope in his unfailing love” (Psalms 147:11, TNIV). “[His]
 151 grace is sufficient for [us; our] strength is made perfect in
 152 weakness. [Cease worrying and take pleasure] in... infirmities,
 153 [reproaches, necessities, persecutions and distresses] for the power
 154 of Christ [will] rest upon [you to make you] ...strong” (2 Corinthians
 155 12:9-10). “...Be strong and of good courage...” (read Joshua 1:9).

- 156
- 157 7. **Overcome worries and anxieties by making peace with God** (read Isaiah
 158 27:5 & 41:10; Jonah 1). God thinks thoughts of peace and a desirable
 159 end for each of us (read Jeremiah 29:11). Thus, He gave us Jesus,
 160 who before departing to heaven, said: "Peace I leave with you, my
 161 peace I give unto you... Let not your heart be troubled, neither let
 162 it be afraid" (John 14:27). "Great peace [they] have which love [my]
 163 law and nothing shall offend them" (Psalms 119:165). These are
 164 important promises because "...In the world [we will] have tribulation,
 165 but [we are encouraged to] be of good cheer [for Jesus has] overcome
 166 the world" (John 16:33) and we also overcome the world by being born
 167 of God through faith in the merits of Christ (1 John 5:4); merits
 168 that we receive because "...God was in Christ, reconciling the world
 169 unto Himself..." (2 Corinthians 5:19). Therefore, "In all... things, we
 170 are more than conquerors through Him that loved us" (Romans 8:37).
- 171
- 172 8. **Overcome worries and anxieties by cultivating precious memories.** "A
 173 merry heart does [well] like a medicine, but a broken spirit dies up
 174 the bones" (Proverbs 17:22). "A merry heart [also] makes a cheerful
 175 countenance, but by sorrow of the heart the spirit is broken"
 176 (Proverbs 15:13). "[So] go thy way, eat thy bread with joy and drink
 177 thy [unfermented] wine with a merry heart..." (read Ecclesiastes 9:7;
 178 Proverbs 20:1 & Deuteronomy 29:5-6) for whereas "All the days of the
 179 afflicted are evil, s/he that is of a merry heart [has] a continual
 180 feast" (Proverbs 15:5). How is this possible? Build an inventory of
 181 good memories by contemplating past and current experiences and
 182 themes that "...Are true, honorable, right, pure, lovely and good
 183 (Philippians 4:8, NASB). And if you have laid a foundation in
 184 fearing God and departing from evil, then you will have a lot to
 185 contemplate, which will be health to your navel and marrow to your
 186 bones (Proverbs 3:7-8).
- 187

188 **ANSWER SOURCE: SACRED WRITINGS:**

189

190 We are pursuing answers to the question: How do I overcome worries and
191 anxieties? More answers follow!

192

193 1. **“[Overcome worries and anxieties by taking] every trouble to Christ.**

194 [Do] not look on the dark side [of life]; ...cultivate cheerfulness of
195 spirit” (Mind, Character and Personality, Vol. 2, {2MCP} 466.1).

196 “[Our] difficulties ...[are an invitation to commune with] God... [if we
197 choose **NOT** to] ...awaken unrest and repining” (2MCP 466.2). “While the

198 world is progressing in wickedness (read 2 Timothy 3:1-6), none of us
199 need flatter ourselves that we shall have no difficulties. But it is

200 these very difficulties that bring us into the audience chamber of

201 the Most High [that] we may seek counsel of [Him] who is infinite in

202 wisdom” (Christ’s Object Lesson, {COL} 172.1). “Call upon [God] in

203 the day of trouble [and He] ...will deliver you...” (Psalms 50:15).

204

205 2. **Overcome worries and anxieties by positive affirmation and imaging.**

206 For example, we can repeat the promise: “The trial will not exceed
207 the strength... [that is] given [to me]...” (This Day with God, {TDG}

208 58.2). “Then let us take up our work just where we find it, without

209 one word of repining, [knowing] ...that strength will come

210 proportionate to the trial. ...We must encourage a cheerful, hopeful

211 frame of mind. Our... peace must not be disturbed by anticipated

212 trials, for God will never leave nor forsake one soul who trusts in

213 Him. ...If we would encourage a diligent remembrance and recital of

214 our mercies, counting up instances in which God has wrought for us,

215 ...in which He has interposed His power and His grace when [we were]

216 sorely perplexed, sustained us when falling, comforted us when

217 sorrowing, we would see that it is unbelief to distrust God or be

218 filled with anxiety. Let mercies be remembered and enjoyed daily.

219 We must live by faith daily [and] rejoice in God always” (TDG 58.3).

220 SUMMARY OF KEY POINTS: This study examined anxiety management. The
 221 question that focused the study asked: How do I overcome worries and
 222 anxieties? In our study, we uncovered 10 tools: 1) Confident of God's
 223 promises, 2) Controlling the thoughts, 3) casting all cares upon Jesus,
 224 4) Rejoicing in every situation, 5) Exercising living faith in God, 6)
 225 Recalibrating our attitude, 7) Making peace with God, 8) Cultivating
 226 precious memories, 9) Taking every trouble to Christ and 10) Positive
 227 affirmation and imaging. Because it is of little redeeming value to
 228 engage in Bible study merely for information, subsequent paragraphs
 229 follow that make a practical application of the truths set forth here.

230

231 **DISCUSSION: WHAT DO THESE THINGS MEAN?**

232

233 "...If we walk by faith, [we can] expect strength... as fast as our
 234 circumstances demand it. ...The Lord's arrangement is for us to ask Him
 235 for the very things that we need. "[All {whom} the Father gives
 236 {Jesus} will come to {Him} and whoever comes... {He} will never drive
 237 away]" (John 6:37, NIV). **...[Our] necessity is God's opportunity"** (God's
 238 Amazing Grace, {AG} 261.2). "Therefore, do not worry about tomorrow...
 239 Each day has enough trouble of its own" (Matthew 6:34, NIV). "...[Do
 240 not] burden [yourself] with the cares and troubles of tomorrow" (AG
 241 261.5) because they stifle fruitfulness of the word of God sown in you
 242 (Mark 4:19 & 1 Thessalonians 2:13, NIV). "While you are bearing...
 243 responsibilities in the love and fear of God, as obedient children
 244 walking in... humility of mind; strength and wisdom from God will... [come]
 245 to meet every trying circumstance" (AG 261.3). "...Keep close to the
 246 source of [your] strength... and when the enemy comes in like a flood the
 247 Spirit of the Lord lifts up a standard... [read Isaiah 59:19; Jonah
 248 1:17]. The promise of God is sure! ...Strength shall be proportioned to
 249 our day. [Therefore], we may be confident for the future only in the
 250 strength that is given for the present necessities" (AG 261.4).

251 **In our affliction, Christ is afflicted** (read Isaiah 63:9). He is with
 252 us in our troubles (read Psalms 91:15). He never leaves us comfortless
 253 (read John 14:18). "Christ has weighed every human affliction, every
 254 human sorrow. He bears the weight of the yoke for every soul that
 255 yokes up with Him. He knows the sorrows which we feel to the depth of
 256 our being and which we cannot express. If no human heart is aroused to
 257 sympathy for us, we need not feel that we are without sympathy. Christ
 258 knows; and He says, Look unto Me and live. "Come unto me, all you that
 259 labor and are heavy laden and I will give you rest" (Matthew 11:28). I
 260 have borne your grief and carried your sorrows; you have the deepest,
 261 richest sympathy in the tender, pitying love of your Shepherd" (That I
 262 May Know Him, {TMK} 51.4). "...Cheer [your] soul by looking at... things
 263 unseen..." (Our High Calling, {OHC} 22.2); "... [Do not] bring tomorrow's
 264 burdens into today [for Jesus] promises grace only for [today]" (AG
 265 261.5).

266

267 CONCLUSIONS: WHERE DO WE GO FROM HERE?

268

269 **"The Lord frequently places us in difficult positions to stimulate us to**
 270 **greater exertion.** In His providence special annoyances sometimes occur
 271 to test our patience and faith. God gives us lessons of trust. He
 272 would teach us where to look for help and strength in time of need.
 273 Thus we obtain practical knowledge of His divine will, which we so much
 274 need in our life experience. Faith grows strong in earnest conflict
 275 with doubt and fear" (Mind, Character and Personality, Volume 2, {2MCP}
 276 476.2). Therefore, look upon doubts and fears with a new set of
 277 lenses. If you think of them as assignments in the school of Christ to
 278 prepare you for mastering lessons of hope and trust in an all powerful
 279 redeemer, nothing will unsettle you. "[Truly], great peace they [have
 280 that] love thy law and nothing shall offend them" (Psalms 119:165).

281 **If you do not like the present harvest you are reaping, then it is time**
 282 **to sow different seeds.** “When we take into our hands the management of
 283 things... we have to do and depend upon our own wisdom for success
 284 [without acknowledging God and asking for direction (read Proverbs 3:5-
 285 6)], we are taking a burden which God has not given us and are trying
 286 to bear it without His aid. We are taking upon ourselves the
 287 responsibility that belongs to God, and thus are really putting
 288 ourselves in His place. ...But when we really **believe that God loves us**
 289 **and means to do us good,** we shall cease to worry about the future. We
 290 shall **trust God as a child trusts a loving parent.** Then **our troubles**
 291 **and torments will disappear, for our will is swallowed up in the will**
 292 **of God”** (2MCP 468.3). But not everyone acknowledges God in all their
 293 ways. Thus, “When the tempests of temptation gather and ...waves sweep
 294 over us, [some] ...battle with the storm alone, forgetting that there is
 295 One who can help... [So] we trust to our own strength till our hope is
 296 lost and we are ready to perish. Then we remember Jesus and... call upon
 297 Him... [And] though He sorrowfully reproves our unbelief and self-
 298 confidence, He never fails to give us the help we need. Whether on...
 299 land or ...sea, if we have the Savior in our hearts, there is no... fear.
 300 Living faith in the Redeemer ...smooths the sea of life and ...delivers us
 301 from danger in the way that He knows to be best” (2MCP 477.1) for “The
 302 Lord knows how to deliver the godly out of temptations...” (2 Peter 2:9).

303

304 **CALL TO ACTION: WHAT SHALL WE DO?**

305 **“As Jesus rested by faith in the Father's care, rest in the care of**
 306 **[your] Savior”** (2MCP 476.3)! Use the Bible tools to exchange your
 307 fears, worries and anxieties for the Savior's rest, joy and peace.
 308 “The Lord is [your] light and salvation, the strength of [your] life...
 309 Though a host should encamp against [you, your] heart shall not fear...”
 310 (Psalms 27:1 & 3). “A thousand shall fall at [your] side and 10, 000
 311 at [your] right side but it shall not come [near you]” (Psalms 91:7).

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