

EMOTIONS—2

FINDING RELIEF FROM ANXIETY

- July 2019—8.2% of adults showed signs of anxiety disorder.
- July 2020—36% of adults showed signs of anxiety disorder.

FINDING RELIEF FROM ANXIETY

1) TALK TO YOUR FRIENDS.

They went to a place called Gethsemane, and Jesus said to his disciples, “Sit here while I pray.”³³ He took Peter, James and John along with him, and he began to be deeply distressed and troubled. Mark 14:32-33 NIV

He plunged into a sinkhole of dreadful agony. Mark 14:33 MSG

“My soul is overwhelmed with sorrow to the point of death,” he said to them. “Stay here and keep watch.” Mark 14:34 NIV

2) TALK TO YOUR FATHER.

Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him.³⁶ “Abba, Father,” he said, “everything is possible for you. Take this cup from me. ...” Mark 14:35-36 NIV

3) TALK TO YOUR FEELINGS.

“Abba, Father,” he said, “everything is possible for you. Take this cup from me. Yet not what I will, but what you will.” Mark 14:36 NIV

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