

RELIEF FROM ANXIETY

“Be anxious for nothing”! Philippians 4.6

The Issue:

The Problem:

The Solution:

INJUSTICE

Psalm 94

Psalm 4

Arrogant Oppressors (vs. 2-4)
“My anxious thoughts multiply within me” (vs. 19)

Seeking comfort through vengeance (94.1-3)

Finding comfort in God’s loving kindness (Ps 94.19,20)

INIQUITY

Psalm 6

Psalm 32

My Sins (Ps 6.1)
“My soul is greatly dismayed” (6.3)
(Note: Ps 38.18)

Indecisiveness & an unwillingness to truthfully acknowledge my sin (6.2,3; 32.3,4)

Depart from bad influences & acknowledge sin (6.8; 32.5)

INSIGNIFICANCE

Psalm 139

Feelings of (vs. 11,17)
“know my anxious thoughts” (vs. 23)

Allowing those who speak against the One who made, knows & loves me to be a viable & influential part of my life (139.20)

In fierce loyalty hate anything that goes against the One who gives significance... pledge allegiance to God alone! (139.21-24)

IDOLS

Psalm 49

Psalm 115

Psalm 91

Trusting in people & things (49.6, 115.4-8)
“Why should I fear in the day of adversity?” (49.5)

Trusting in that which is vain & cannot save (49.6-9; 115.3-8)

Fear & trust in the Lord... LOVE HIM! (Ps 91.14; 115.9-11)

IMAGINATION

Psalm 73

Thinking about & jealously desiring worldly & wicked success “It was troublesome in my sight” (73.3,16)

Thinking that thinking about & trying to understand such things will help (73.16)

Look in God’s Holy places & see the distinctions between the valuable & the worthless (vs 17,1)

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ILLNESS

Psalm 116

Overwhelmed by physical pain & suffering
“The cords of death encompassed me... I found distress & sorrow” (vs. 3)

“Perceiving physical healing as the ultimate goal embracing man & machine as deliverer (116.10,11)

Realize that God is bringing a healing not only to the physical but in all things (vs. 5-9, 12-15)

INVALIDATION

(to deprive of force or efficacy)
Psalm 55

Feeling prayers won't be heard
“Give ear to my prayer O God; & do not hide Thyself from my supplication” (vs. 1)

Allowing the sin of fear to distract & dominate “I am restless in my complaint & am surely distracted” (vs. 2) Perceiving flight or fight as a possible solution or option for relief. (vs. 6-8,15)

1. Get right (Ps 66.16-20)
2. Seek first (Psalm 34.4)
3. Drop it (Psalm 46.10 Psm 55.22)

IMPENDING

(The threat of something about to happen)
Psalm 23

Wrestling with the fear of evil...
“Walking through the valley of deep darkness” (vs. 4)
“The troubles of my heart are enlarged; bring me out of my distresses” (Psalm 25.17)

Entertaining the possibility that we might be disappointed (ashamed) “Do not let me be ashamed for I take refuge in Thee” (Psalm 25.20). Often trying to find comfort in signs (Exodus 4.1-9; Judges 6.17, 36-40; Matthew 24.3)

Draw near to God (James 4.4-10) “I will fear no evil for Thou art with me” Psalm 23.4 “The nearness of God is my good” Psalm 73.28