

Real Solutions For Worry And Anxiety

Real Talk

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Associate Pastor, Care, Dr. Wil Librizzi



Introduction

1 Samuel 21:10-13

That day David fled from Saul and went to Achish, king of Gath. ¹¹But the servants of Achish said to him, "Isn't this David, the king of the land? Isn't he the one they sing about in their dances: " 'Saul has slain his thousands, and David his tens of thousands?'" ¹²David took these words to heart and was very much afraid of Achish king of Gath. ¹³So he pretended to be insane in their presence; and while he was in their hands he acted like a madman, making marks on the doors of the gate and letting saliva run down his beard.

Psalm 56:1-4, 8-10

(For the director of music. To the tune of "A Dove on Distant Oaks." Of David. A miktam. When the Philistines had seized him in Gath.)

Be merciful to me, my God, for my enemies are in hot pursuit; all day long they press their attack. ²My adversaries pursue me all day long; in their pride many are attacking me. ³When I am afraid, I put my trust in you. ⁴In God, whose word I praise --in God I trust and am not afraid. What can mere mortals do to me? ... ⁸Record my misery; list my tears on your scroll--are they not in your record? ⁹Then my enemies will turn back when I call for help. By this I will know that God is for me. ¹⁰In God, whose word I praise, in the LORD, whose word I praise.

Psalm 34:4

I sought the LORD, and he answered me; he delivered me from all my fears.

Main Idea: Anxiety is a normal, temporary, and uncomfortable state. Real solutions come from refocusing our attention from the problem to the All-Powerful God of the universe.

4 Steps To Refocus Our Attention To God

1. Change how you see anxiety. It is a normal human experience that we must learn to manage.

When I am afraid . . . I put my trust in you. Psalms 56:3

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. James 1:2-3

2. Choose to realign your thinking to the power duo. Focus on the Word and power of God as it relates to your anxiety.

In God, whose word I praise--in God I trust and am not afraid. What can mere mortals do to me? Psalm 56:4

Jesus replied, "You are in error because you do not know the Scriptures or the power of God. Matthew 22:29

3. Remind yourself that you are not alone. Consider God's involvement in the present struggle and your past victories.

Record my misery; list my tears on your scroll--are they not in your record? Psalm 56:8

For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as [we are, yet] without sin. Hebrews 4:15

4. Engage in powerful, faith-based prayers, knowing that God is for you.

Then my enemies will turn back when I call for help. By this, I will know that God is for me. Psalm 56:9

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