

Happy. Healthy. Whole.
Winning against Anxiety -part 1
Oct. 2, 2022

Galatians 5:1 “So Christ has truly set us free. Now make sure that you stay free, and don’t get tied up again in slavery to the law.”

1. You are not crazy!

A. The truth is, mental illness is are among the most common health conditions in the United states.

- 1 in 5 people will experience mental illness this year.

B. Anxiety stems from four different places

#1 Past Abuse

#2 Current Pressures

- There are two types of pressure:
 - 1) Facilitating anxiety (Healthy Fear)
 - 2) Debilitating anxiety (Unhealthy Fear)

#3 Self-Inflicted Pressures

- “Comparison is the thief of joy.”

#4 Chemical Imbalance

2. You’re not the only one!

- The apostle Paul (2 Corinthians 1:8)
- King David (Ps. 42:5-6a)
- Jesus (Matthew 26:36-38)

3. God will help you!

(John 16:33)

Romans 15:13 “I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

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