HOW'S YOUR HEART?



Scriptures from New International Version unless noted

Anxiety

"In your anger, do not sin."

Ephesians 4:26

HANDLING ANXIETY LIKE JESUS…

1) TALK TO YOUR FRIENDS.

They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." He took Peter, James and John along with him, and he began to be deeply distressed and troubled.

Mark 14:32-33

"My God, my God, why have you forsaken me?"

Matthew 27:46

"My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch."

Mark 14:34

"It is not good that man should be alone…"

Genesis 2:18 NKJV

2) TALK TO YOUR FATHER.

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

Philippians 4:6-7

Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. "Abba, Father," he said, "everything is possible for you. Take this cup from me…"

Mark 14:35-36

"Cast all your anxiety on Him, because He cares for you."

I Peter 5:7

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

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

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