

ANXIETY



UNINSTALLING . . .

April 14, 2019

Joshua 1

Stress Meter

**Panic
Attack!**

Anxiety

Stressed

Coping

Attack Panic pt2



Oh, good grief... these tights
are too tight. i think i'm
gonna die!!

ANXIETY GIRL!

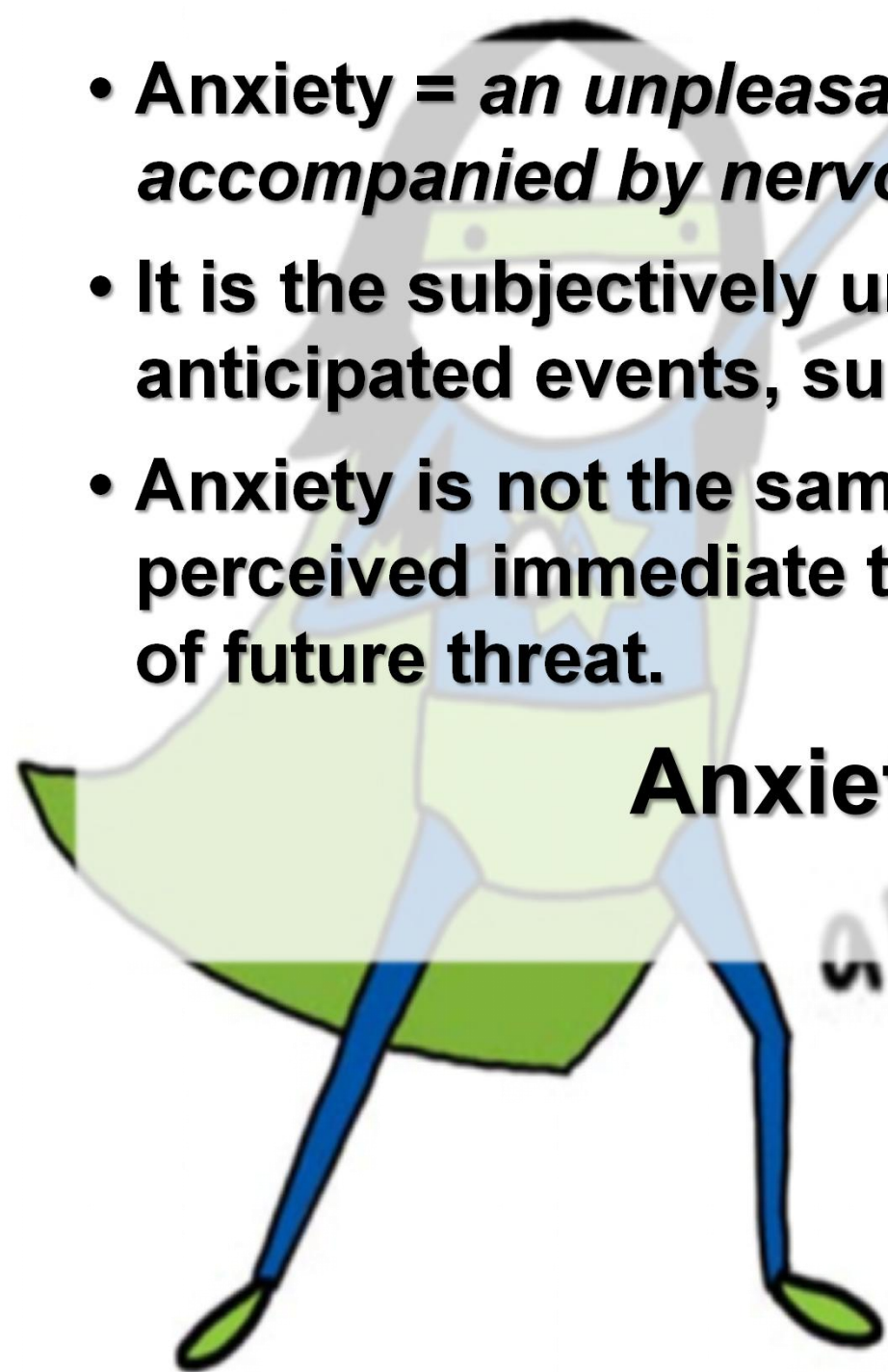
able to jump to the worst conclusion
in a single bound!

- **Anxiety = an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back / forth**
- **It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death.**
- **Anxiety is not the same as fear, which is a response to a real or perceived immediate threat, whereas anxiety is the expectation of future threat.**

Anxiety Creates Panic...

...Panic Attacks

in a single bound!



ANXIETY GIRL!

able to jump to the worst conclusion

Joshua



Joshua

If Ever a Person was in Position for Panic Attacks

- **He was Called to...**
 - **Take Mose's Place**
...**Big Shoes to Fill**
 - **Take the Land**
...**Big Job to Complete**
 - **Both Seemed Impossible**
...**Without God**



ANXIETY

tense

panic attacks

headache

scared

chest

phobia

tension

trembling

degenerate

tension

angst

jumpy

stress

fear

sweating

feelings

worry

emotional

restlessness

disorder

symptoms

1000

Anxiety is Triggered Many Ways

When Your Past Triggers Negative Feelings

- Sometimes a reminder of a difficult past triggers anxious emotions.
- You can't change your past, but you can change how you respond to it!
 - **Josh 1:2-** Moses my servant is **dead**; now therefore **arise**,....

When You Feel Unprepared

- **Josh 1:2-** ...**arise**, **go over this Jordan**, thou, and **all this people**...

When You Feel Out of Control

- Your future is unknown, and change is scary, you feel out of control.
 - **Josh 1:2-** ...thou, **and all this people**, **unto the land**...

When You Feel You Have No Explanation

- Sometimes there is no warning or explanation to your anxiety.
- Anxiety speaks false beliefs to us that leave us paralyzed.

Anxiety

doesn't exist in a vacuum.

It not only affects you,
but also impacts your relationships.



Attack Panic

Joshua 1:8 (KJV)

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

The Power of ...

Meditation = *to mutter under breath- talk to self*

◦ **Healthy Self-Talk** (*builds faith*)

Reverse Meditation = **Worry**

◦ **Unhealthy Self-Talk** (*deteriorates faith*)



JEHOVAH M'KADDESH
SHALOM
JEHOVAH-SHALOM

JEHOVAH-SHALOM

THE LORD IS MY PEACE

"Peace to you, do not fear... The LORD is Peace."

--Judges 6:23,24

Gives You Power to “Put Your Mind At Ease”

- **Philippians 4:6-7-**⁶ *Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.* ⁷ *And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*
- **Matthew 11:28-** ²⁸ *Come unto me, all ye that labour and are heavy laden, and I will give you rest.* ²⁹ *Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.* ³⁰ *For my yoke is easy, and my burden is light.*

◦ **Jehovah-Shalom= "the LORD is Peace"**

"Peace to you, do not fear... The LORD is Peace."

--Judges 6:23,24

JEHOVAH M'KADDESH

SHALOM

Jehovah-Rohi

THE LORD IS MY SHEPHERD

"The LORD is my Shepherd, I shall not want"
-- Psalm 23:1

ROHI

with Jehovah

Gives You Power to “Put Your Trust In Him”

Psalm 62:8- *“Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah”*

- **Trust= Him in Every Situation**
- **Talk= to Him about Every Situation**
 - **Jehovah Rohi = “the Lord is Our Shepherd”**

*“The LORD is my Shepherd, I shall not want”
-- Psalm 23:1*

JEHOVAH M...

SHALOM

Jehovah-Jireh

THE LORD PROVIDES

"Abraham called the name of that place The Lord Will Provide..."

Gives Power to “Transfer All Your Burdens To Him”

- **Psalm 62:8**- *Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah. -*
- **Psalm 55:22**- *Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.*
- **I Peter 5:7**- *Casting all your care upon him; for he careth for you*
 - **Jehovah-Jireh**= *“the LORD, my Provider”*

“Abraham called the name of that place The Lord Will Provide...”

Jehovah • Shammah

THE LORD IS PRESENT

EZEKIEL 48:35

Gives You Power to “Practice His Presence”

- **Psalm 61:1-2-** *“Hear my cry, O God; attend unto my prayer.
2 From the end of the earth will I cry unto thee, when my heart is
overwhelmed: lead me to the rock that is higher than I.”*
 - **Jehovah Shammah** = *“the Lord is There”*

THE LORD IS PRESENT

EZEKIEL 48:35

Jehovah-Missi

THE LORD IS MY BANNER

"Moses built an altar and named it The LORD is my Banner"

-- Exodus 17:15

Gives You Power to “Stand”

- **Joshua 1:9**- *Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.*
- **Hebrews 13:6** - *So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me*
 - **Jehovah Nissi** = *“The Lord Is Our Banner”*

THE LORD IS MY BANNER

“Moses built an altar and named it The LORD is my Banner”

-- Exodus 17:15

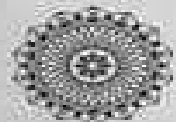
Tips to help with anxiety attack

-Look around you.

-Find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

This is called grounding. It can help when you feel like you have lost all control of your surroundings.

Please, spread the word, it could really help someone in need.



HIGHER PERSPECTIVE
CONNECT · REVEAL · TRANSCEND