

Nov 20, 2016

Joshua 1

Stress Meter

**Panic
Attack!**

Anxiety

Stressed

Coping

Attack Anxiety

Anxiety

A cartoon character with a large head, wearing a yellow shirt and holding a green pencil, is positioned on the left side of the image. The character's face is partially obscured by the text and the white box.

ANXIETY GIRL!

- **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.**

Joshua

If Ever a Person was in a Position for Major Anxiety

- **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 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 Don't Feel Prepared

- **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 Have No Explanation

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

Dangers of Anxiety

Danger of Looking Back (1:2)

“Moses My servant is dead. Now therefore, arise, go over this Jordan, you and all this people, to the land....”

○ **Moses is Mentioned (6x) in vs 1-9 (57x) Rest of Book**

○ **It is very easy to look at what God has done in the past/ think...
...I Cannot Move Forward**

Danger of Standing Still (1:3)

“Every place that the sole of your foot will tread I have given..”

○ **Fulfilling the Promises of God Requires...**

...that we Walk by Faith.

Dangers of Anxiety

The Danger of Giving Up (1:5)

“No man shall be able to stand before you all days of your life; as I was with Moses..will be with you. I will not leave you nor forsake ...”

- **Seems They May Have Given Up, But God Reassured Them.**

The Danger of Falling Short (1:6)

“Be strong /good courage, for to this people you shall divide as an inheritance the land which I swore to their fathers to give them”

- **The Inheritance Is The Land That God Promised.**

Attack Anxiety

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*)

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"**

Gives You Power to “Put Your Trust In Him”

JEHOVAH-ROHI



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”**

Gives Power to *“Transfer All Your Burdens To Him”*

Jehovah

- **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”*

THE LORD WILL PROVIDE

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

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 MY BANNER
EXODUS 17:8, 15

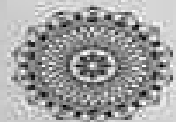
Tips to help with anxiety attack

-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

THE ENEMY IS NOT
FIGHTING YOU BECAUSE

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*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**.*

YOU'RE **STRONG.**