

March 24, 2019

Joshua 1

# Stress Meter

**Panic  
Attack!**

Anxiety

Stressed

Coping

**Attack Panic**

## **Anxiety Test**

- **I am ready to throw in the..... (towel).**
- **I am at the end of my..... (rope).**
- **I am just a bundle of.....(nerves).**
- **I am at my wits.....(end).**
- **I feel like resigning from the human..(race).**
- **I am in over my.....(head).**



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!

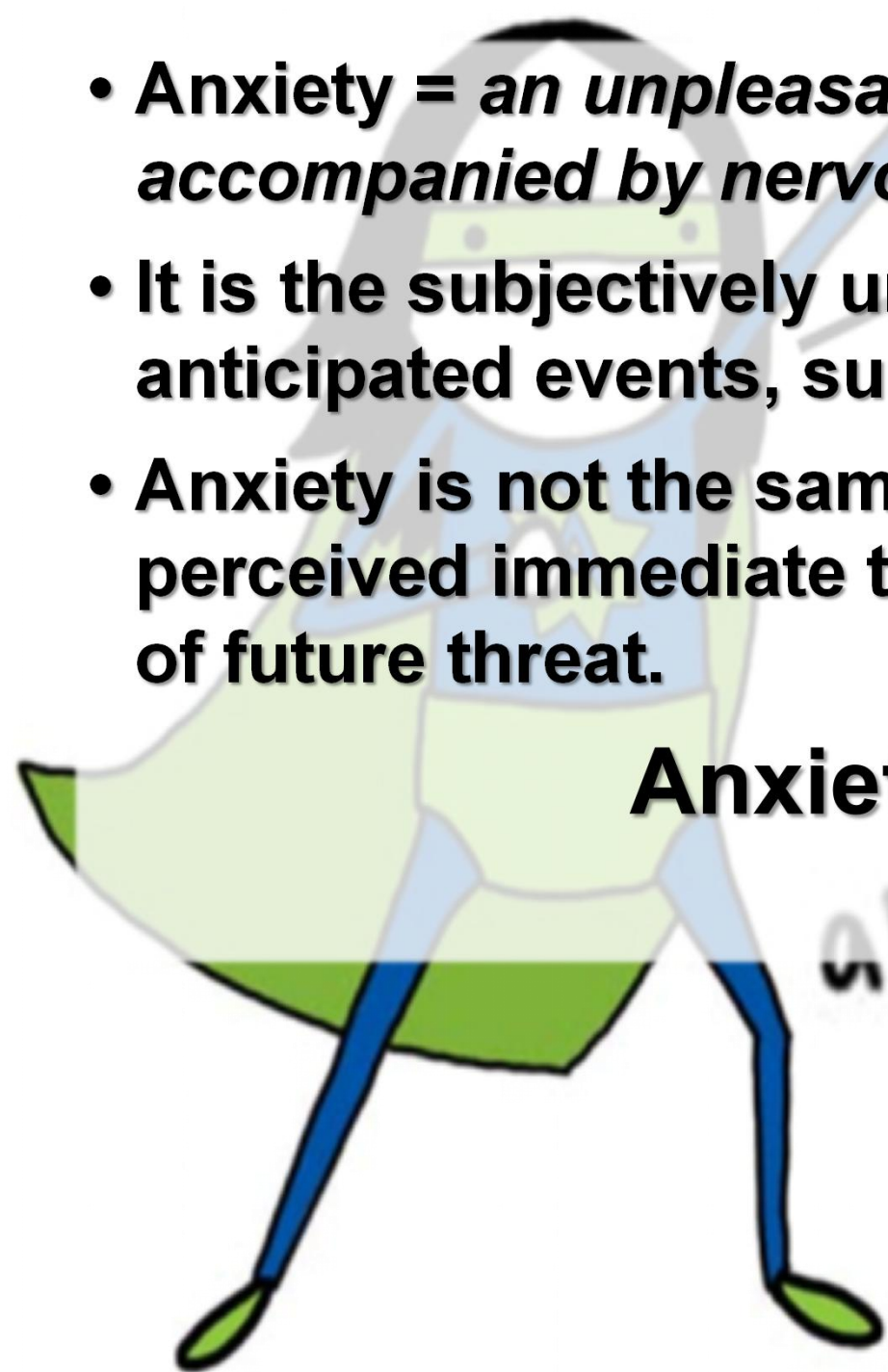


- **Anxiety = an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back / forth**
- **It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death.**
- **Anxiety is not the same as fear, which is a response to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

**Anxiety Creates Panic...**

**...Panic Attacks**

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



**Joshua**



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# 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**

scared  
chest  
phobia  
tension  
tense  
panic attacks  
trembling  
degenerate  
tension  
angst  
jumpy  
stress  
fear  
worry  
emotional  
disorder  
restlessness  
symptoms  
headache  
sweating  
feelings



# 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.



**HELLO**

MY NAME IS

**FAILURE**

# Anxiety Attacks

## **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 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.**

Have you ever had  
one of those days,  
when you're  
holding a  
stick and  
everybody looks  
like a pinata?





# Have you **Dangers of Anxiety**

one of those days,

when you're

## **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.**

# *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*)





**ANXIETY**



**UNINSTALLING . . .**