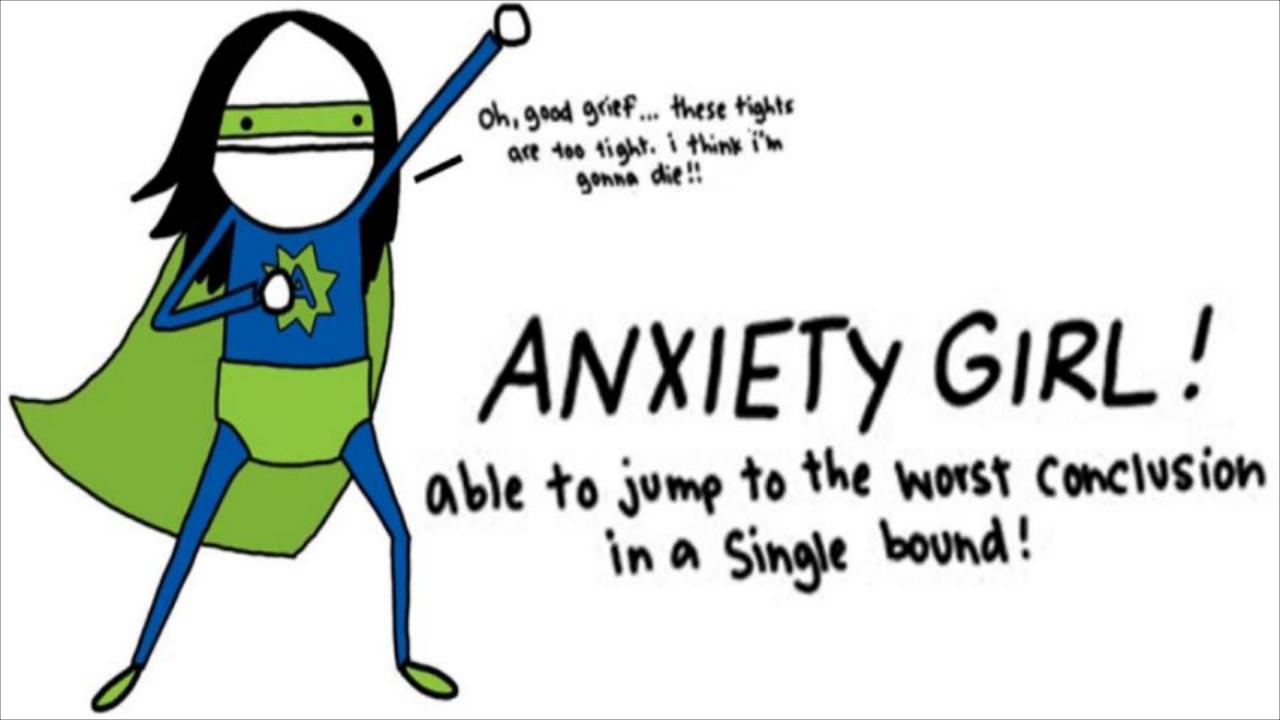
Pures. June 8, 2025 Neter Joshua 1 Panic Attack! Before It Attacks You! Stressed **Attacking Panic Edward Church**

Anxiety Test

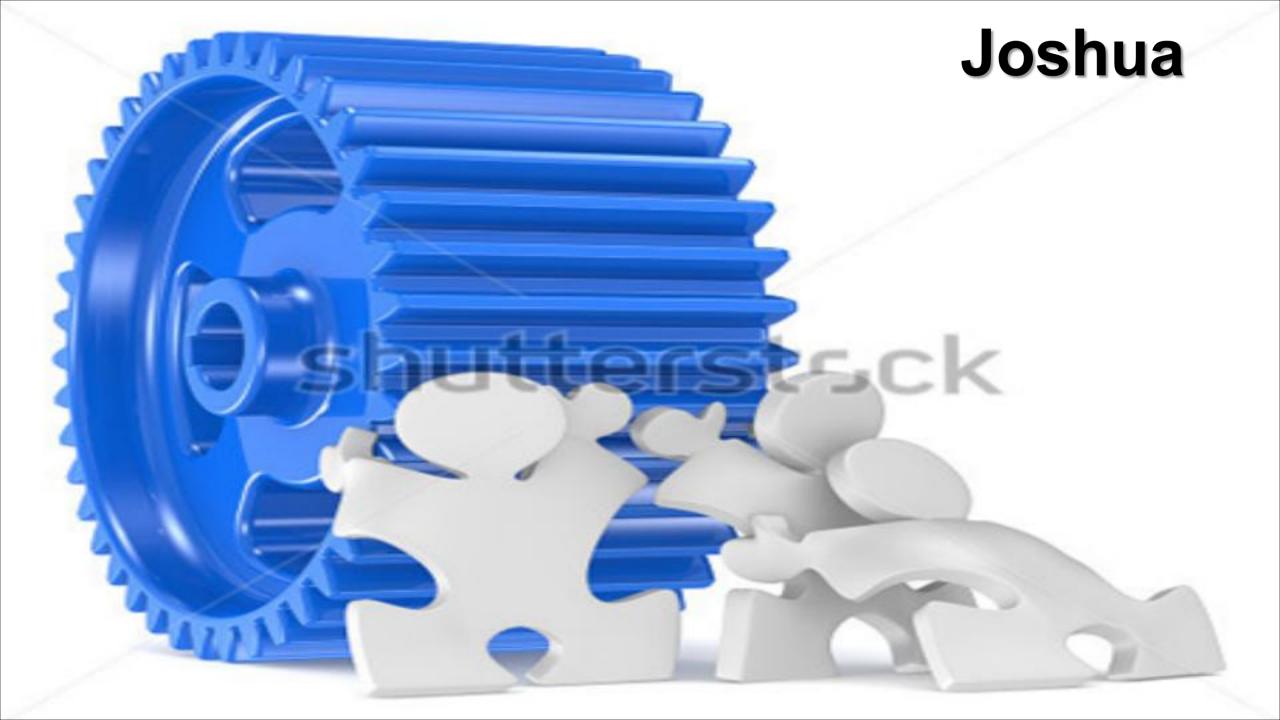
■ I am ready to throw in the...... (towel). I am at the end of my..... (rope). I am just a bundle of...... (nerves). I am at my wits..... (end). I feel like resigning from the human... (race). ■ I am in over my.....(head). If you answered yes to ANY/ All... ...Stress is Poised to Attack



- 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



Joshua

If Ever a Person was in Position for Panic Attacks

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

scared tense panic attaks tension stress emotiona sweating : sness disord

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!
 - oJosh 1:2- Moses my servant is dead; now therefore arise,....

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!
 - OJosh 1:2- Moses my servant is dead; now therefore arise,....

When You Feel Unprepared

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

When You Feel Out of Control

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

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

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

When You Feel Out of Control

- Your future is unknown, and <u>change</u> is scary, you feel out of control.
 - o 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.

HELL Anxiety Attacks MY NAME IS

FALLURE

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
- olt is Very Easy to Look at What God Has Done in Past/ Think...
 I Cannot Move Forward

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
- olt 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,

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.

Have you Dangers of Anxiety one of those days,

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

Attack Panic

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.

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

OHealthy Self-Talk (builds faith)

Reverse Meditation = Worry

Ounhealthy Self-Talk (deteriorates faith)

HELLO my name is

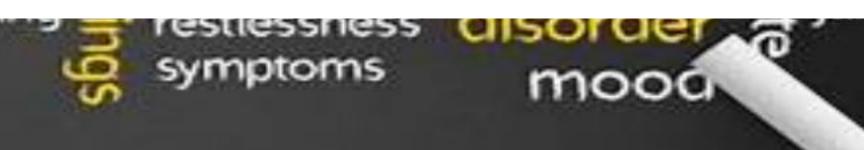
Anxiety

UNINSTALLING...

scared chest pain tense phobia panic attacks stress tension angst emotional sweating restlessness disorder symptoms mood

As We Conclude Today,

- Reflect On Areas Of Your Life Where Anxiety has Taken Hold.
- Remember, God Is Not Only Aware Of Your Struggles
- But, Actively Working to Bring Peace Into Your Life.



As We Conclude Today,

- Reflect On Areas Of Your Life Where Anxiety has Taken Hold.
- Remember, God Is Not Only Aware Of Your Struggles
- But, Actively Working to Bring Peace Into Your Life.
- Jesus Said, "In This World, You Will Have Trouble. But Take Heart!
 I Have Overcome The World" (John 16:33, NIV).

As We Conclude Today,

- Reflect On Areas Of Your Life Where Anxiety has Taken Hold.
- Remember, God Is Not Only Aware Of Your Struggles
- But, Actively Working to Bring Peace Into Your Life.
- Jesus Said, "In This World, You Will Have Trouble. But Take Heart! I Have Overcome The World" (John 16:33, NIV).

Let Us Choose To Focus On Him Knowing He Cares For Us Deeply.

