

## CHANGING YOUR COURSE - Part 3

(A God Inspired Anti-Anxiety Plan)

### FEAR/ANXIETY IS A PROBLEM: DRAINS US OF STRENGTH

- When fear came to a fortified people (*Joshua 2:8-11 NKJV*)
  1. Jericho was a strong walled city
  2. But they heard what God had done
  3. They had no more courage
  4. Fear/anxiety is likened to water - unstable

### GOD'S INSPIRED PLAN TO OVERCOME FEAR AND ANXIETY (*Philippians 4:4-8 NKJV*)

- Rejoice in the Lord always
  1. Rejoice is a choice, a verb, an action word
  2. Identify as someone who rejoices
  3. Rejoicing in the Lord who loves you
  4. Rejoicing shifts our focus to the Lord (*Psalms 34:1-3 NKJV*)
- Be good to the people around you
  1. Gentleness - our response toward others
  2. The Lord is at hand - the Lord is near
  3. Identify as a gracious person
- Overcoming fear is directly related to our confidence in God (*1 John 3:18-23 NKJV*)
  1. Our confidence in God is related to having hearts free from condemnation
  2. When our hearts don't condemn us, we have confidence
  3. Boil it down to believing in Jesus and treating people right