



# The Monster of Anxiety

**Genesis 3:6-11, Matthew 22:37**

# Preconceived Ideas

- Adam and Eve hid out of a fear of punishment or retribution from God.
- Adam and Eve had never seen God angry yet they instantly came to the conclusion that something bad was going to happen.
- In that moment, the mind monster of anxiety was established in our minds.
- Our world is shaped with constant anxiety in our mind.
- We operate in a spirit of anxiety, because we refuse to allow God to hold the future.



# Presumption Of God's Presence

- **Anxiety is destroyed by the presumption of God's presence.**
- **Anxiety is built on the presumption of God's absence.**
- **We make God's presence a certainty by worshipping Him.**
- **If we magnified God Who exists, rather than trouble that does not yet exist, then our minds would be at peace.**
- **Anxiety is destroyed by worship.**
- **Every time you start to worry you should start to worship.**



# Prayer

- Anxiety is destroyed by proper prayer.
- Even in the Garden, after the fall, God addressed the needs that the fall created.
- We fail to overcome anxiety because we fail to approach our needs and our God correctly.
- Proper prayer is when we approach God with thanksgiving for completed action.
- If God knows our needs, He will provide.
- We need to learn to approach God appropriately thanking Him for completed actions.
- We are full of anxiety, because we are not convinced that God will come through.



# Conclusion

- **Anxiety is destroyed by humility.**
- **Many of us cannot get rid of anxiety because we will not get rid of pride.**
- **If we have to depend on ourselves, then we will be filled with anxiety.**
- **We do not have to be anxious, because God is mindful of us.**
- **Inferior peace is based on bank accounts, popularity, cars, houses, etc.**
- **God's peace is different; it is durable and beyond understanding.**
- **Anxiety leaves when the mind is full of God rather than full of self.**

