

# Anxiety From A Biblical Perspective

## Session 2

### 3 ways Satan wants to attack us with Anxiety:

1. \_\_\_\_\_

- Prov. 18:1 - He who isolates himself seeks his own desire.
- How can we combat anxiety during times of Isolation?

2. \_\_\_\_\_

- Right \_\_\_\_\_ → Right \_\_\_\_\_ → Right \_\_\_\_\_
- How can we combat anxiety in regards to Input?

3. \_\_\_\_\_

- Message from the world: Life is about figuring out “ \_\_\_\_\_?”
- How can we combat anxiety in regards to Identity?

- Biblical truth about “Who Am I” - 1 of 2 Identities:
  - Under the \_\_\_\_\_ of God (unbeliever / unsaved)
  - In \_\_\_\_\_ (believer / saved)
    - John 3:18 - Whoever believes in Him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only Son of God
  - What we \_\_\_\_\_ or have \_\_\_\_\_ is not who we \_\_\_\_\_
  
- **In Christ - You Are:**
  - Fully Known & Fully Loved - John 3:16; Rom. 5:8
  - Chosen - Eph. 1:4
  - Adopted; Child of God - John 1:12; Rom. 8:15
  - Forgiven - Psalm 103; Eph. 1:7
  - Redeemed - Eph. 1:7; 1 Peter 1:18-19
  - Reconciled; Friend of God - 2 Cor. 5:18; Rom. 5:1
  - Never Condemned - Rom. 8:1
  - Eternally Secure - Eph. 1:13-14
  - Heirs with Christ - Rom. 8:17
  
- The truth of my \_\_\_\_\_ determines my actions,  
 not my feelings or emotions in the \_\_\_\_\_

True freedom is not the absence of things (anxiety, worry, fear, pain) ...

Freedom is the presence of someone in the midst of it (Jesus)

- Isaiah 43:2-3 - When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Savior.