

Faith Works Transformation

“Transforming Your Anxiety to Peace”

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Stress is “The resistance to pressure or tension of external forces; mental or emotional strain from adverse or very demanding circumstances.”

Worry is “A state of uncertainty over actual or potential problems.”

Anxiety is “The internal lack of peace caused by worry over the stressful situation.”

Truth #1 – You cannot avoid stressful situations.

Truth #2 – When stressed you can choose to worry or trust God.

Truth #3 – If you choose to worry you will embrace anxiety and forfeit peace.

How to Transform Your Anxiety to Peace

1. Pray

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Phil 4:6-7

“Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.” Mt. 11:28-30

“Cast all your anxiety on Him because He cares for you.” 1 Peter 5:7

Transformation step: Pray and cast your anxiety on the Lord.

2. Fight worry and anxiety in the mind

“He will keep him in perfect peace, he whose mind is stayed upon Him.” Is. 26:3

“Be still and know that I am God...” Ps. 46:10

“The work of God is this: to believe in the one He has sent.” Jn. 6:29

Transformation step: Remind yourself every day who God is and meditate on His love and power.

3. You have a choice NOT to worry

“Don’t let your heart be troubled. Trust in God, trust also in Me.” Jn. 14:1

“Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” Jn. 14:27

"I have told you these things so that in Me you will have peace. In this world you will have trouble. But take heart! I have overcome the world." Jn. 16:33

Transformation step: Learn to say "NO!" to worry and anxiety and "YES!" to the peace of God.

4. Choose God thoughts

"Set your minds on things above, not on earthly things." Col. 3:2

"For God did not give us a spirit of fear, but a spirit of power, of love and of a sound mind (self-discipline)." 2 Tim. 1:7

"My grace is sufficient for you, for My power is made perfect in weakness." 2 Cor. 12:9

Transformation step: Start a discipline of memorizing scripture to store His promises in your heart.

5. Stay connected to God's people

"An anxious heart weighs a man down, but a kind word cheers him up." Prov. 12:25

"I have learned to be content whatever the circumstances...I can do everything through Him who gives me strength. Yet it was good of you to share in my troubles..." Phil. 4:10-14

"Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. And the God of all grace, who called you to His eternal glory in Christ, after you have suffered a little while, will Himself restore you and make you strong, firm and steadfast." 1 Peter 5:8-10

Transformation step: Stay close to the people of God. Encourage and protect each other.