



I Will Survive – How to Make It Through A Bad Day – PRAY

“Anxiety is a meteor shower of what-ifs” – Max Lucado

Many of our BAD DAYS are simply **giving in** to the “what-ifs.”

Philippians 4: 4-8 NASB *Rejoice in the Lord always; again I will say, rejoice! Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

The PATHWAY out of the VALLEY of ANXIETY

- **Anxiety:** to be pulled in different directions; to be **strangled**.
- Stressful things in life are inevitable...
but being imprisoned by anxiety is **optional**.
- Anxiety is not a sin, it's an **emotion**; however, it can still lead to **sin**.

Four HELPS and a PROMISE:

1st HELP: Rejoice and **celebrate** God's goodness.

This is a call to a **decision**, not a feeling, that is deeply rooted in the confidence that God exists, that He is good, and in charge of your surrendered life.

2nd HELP: Be **gentle** toward all.

A temperament that is seasoned and **mature**, level headed and steady, as opposed to the opposite behavior of overreaction or a sense of panic.

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3rd HELP: Talk to God about **everything**.

- **Prayer:** **Requests** known to the Lord carrying the idea of adoration.
- **Supplication:** A heartfelt sharing of our **needs** and problems.
- **Thanksgiving:** **focusing** on the good things you have.

➤ **THE PROMISE:** God's **peace** will be with you.

- God takes **responsibility** for the hearts and minds of those who look to him.

4th HELP: **Meditate** on good things.

- **So fix your thoughts on what is...**
 - **True** things are the opposite of dishonest and unreliable things
 - **Noble** refers to what is dignified and worthy of respect
 - **Right** refers to conformity to God's standards.
 - **Pure** refers to what is wholesome, not mixed with moral impurity
 - **Lovely** speaks of what promotes peace rather than conflict
 - **Admirable** relates to what is positive and constructive rather than negative and destructive.

So how do we disarm anxiety? *Stockpile our minds with **God thoughts**.*

Isaiah 26:3 (TLB) *He will keep in perfect peace all those who trust in him, whose thoughts turn often to the Lord!*

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