

## Overcoming Anxiety

1. Trust Christ (Psalm 7:11-16; Jer. 6:14-17; Rev. 21:8).
2. Recognize the presence of God In your life (Phil 4:5).
3. \_\_\_\_\_ is most important (Phil. 4:6; 1 Pet. 5:7).
4. Develop a continuous attitude of \_\_\_\_\_ and thanksgiving (Philippians 4:6).
5. \_\_\_\_\_ brings the peace of God (Phil. 4:7).
6. Meditate on God's Word (Matt. 6:26-30; Phil. 4:8; Ps. 37:1-23).
7. Take advantage of all one another relationships (Heb. 10).
8. Divert attention from self to others (Phil. 4: 10).
9. Choose contentment regardless of your \_\_\_\_\_.
10. Recognize Christ alone as your \_\_\_\_\_ (Phil. 4:13).
11. Trust in God's ability to meet your every need (Phil. 4:19).
12. Recognize the fullness of God's grace (2 Corinthians 12:9).
13. Listen to good Christian music (1 Samuel 16; Eph. 5:18-19).
14. Get adequate \_\_\_\_\_.
15. Get eight hours of sleep at night (Psalm 127:2).
16. Relax and plan to have fun (Matt. 11:28-29).
17. Take needed vacations from your routine.
18. Deal with the problems causing the anxiety.
19. Talk out the problem with someone (Gal. 6:1).
20. Don't put off until tomorrow that which should be handled now.
21. Choose to live one day at a time.
22. Set a time limit on all worry.
23. Recognize that God has a plan for your life and adjust to His plan. All things will work together for good (Romans 8:28, 29).
24. Humor tends to relieve anxiety.