

OVERCOMING WORRY & ANXIETY

What Weeds Do

To have a healthy, thriving garden it's important to keep weeds away. Weeds rob plants of nutrients, get tangled in the roots, and prevent maximum growth. Worry and anxiety are like weeds in our mental garden. Their lies get tangled in the truth, preventing us from being able to live the full life God has for us.

If we're not intentional to remove worry and anxiety from our thoughts, they, like weeds, will take over. Eventually, we discovered they are not just something we do, but they have become a part of who we are.

Romans 12:2 encourages us to "let God transform you into a new person by changing the way you think. Then you will learn God's will for you which is good and pleasing and perfect." That's good news! When we weed out worry and anxiety, replacing them with the truth of what God says about who HE created us to be, we can rest, believing He has us and He is working for our good.

Surrender anxious thoughts and fears to Jesus and be renewed by His love and strength

Read below Luke 8:22-25, Jesus Calms the Storm:

One day Jesus said to his disciples, "Let us go over to the other side of the lake." So they got into a boat and set out. As they sailed, he fell asleep. A squall came down on the lake, so the boat was being swamped and they were in great danger. The disciples went and woke him, saying, " Master, Master, we're going to drown!" He got up and rebuked the wind and the raging waters; the storm subsided, and all was calm. "Where is your faith?" he asked his disciples. In fear and amazement they asked one another, "Who is this? He commands even the winds and the water, and they obey him."

Even Jesus's disciples were afraid. They were worried. They were anxious. It says here that they were in great danger! That's what the weeds in our garden do to us. They make us feel like we are in danger. But Jesus is here for each of us through the storms and all he calls us to do is put our faith in him.

Embrace the waves, and do not be afraid. Jesus did not let the disciples down and he won't let you down either.

Positive Affirmation

As you go about your week, hold tight to these words. Repeat them as needed to eliminate negative or unhelpful thoughts that may be holding you back.

We serve a God who never fails.

You are not alone in your circumstance,
Jesus is always with you. He will never forsake you.

Supporting Scripture

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here.

2 Corinthians 5:17 | NIV

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Ephesians 2:10 | NLT

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him.

1 John 3:1 | NIV

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Galatians 5:1 | NIV

But He was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.

Isaiah 53:5 NLT

In Him and through faith in Him we may approach God with freedom and confidence. I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.

Ephesians 3:12-13 | NIV

Bible Reading Plans

(7-day plan) [Anxious For Nothing](#) - Life.Church

(5-day plan) [Get Out Of Your Head](#) - Jennie Allen

Bible Reading- [YouVersion](#)

365-day Bible Recap [LINK](#)

Podcasts

[The Anxious Truth](#) - Drew Linsalata

[The Panic Pod](#) - Joshua Fletcher

Breath Prayer

[Breath Prayer Practices](#)

Apps

Centering Prayer App (free; [IOS](#) and [Android](#))

Additional Resources

Book | [Get Out Of Your Head](#), by Jennie Allen

Book | [Untangle Your Anxiety](#), by Joshua Fletcher

Book | [The Anxious Truth](#), by Drew Linsalata

Book | [The Ruthless Elimination Of Hurry](#), by John Mark Comer

Book | [Anxious for Nothing](#), by Max Lucado

Book | [Running Scared: Fear, Worry and the God of Rest](#) by, Ed Welch

Book | [Depression, Anxiety, and the Christian Life: Practical Wisdom from Richard Baxter](#) by, Michael S. Lundy, M.D.

Music | [Weeds In My Garden Playlist](#) resource from Crossing Worship