

# When Life Gets Hard . . .

## "The Answer For Anxiety"

August 26, 2009

Pastor Bill Langley

**Anx-i-ety:** an abnormal and overwhelming sense of apprehension and fear often marked by physiological signs (as sweating, tension, and increased pulse), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it.

*"Do not be anxious about anything." (Phil. 4:6)*

*"Don't ever worry..." (Matt. 6:31 GW)*

The opposite of anxiety is \_\_\_\_\_ or \_\_\_\_\_.

Other than Jesus Christ, Moses is the only person in the Bible who is called "meek". Being meek means \_\_\_\_\_.

Moses came to grips with four fundamental issues of life that we must also face. If we deal with them correctly then we will experience security and peace of mind rather than anxiety.

**#1. I must know \_\_\_\_\_.**

*"By faith Moses, when he had grown up, refused to be known as the son of Pharaoh's daughter..." (Heb. 11:24)*

This deals with the issue of \_\_\_\_\_.

\_\_\_\_\_ is a formula for anxiety.

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**#2. I must know \_\_\_\_\_.**

*“He chose to be mistreated along with the people of God rather than to enjoy the pleasures of sin for a short time.” (11:25)*

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*“By faith Moses, when he had grown up, refused to be known as the son of Pharaoh’s daughter...” (Heb. 11:24)*

The only person who can ruin my life is \_\_\_\_\_.

**#3. I must know \_\_\_\_\_.**

*“He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt, because he was looking ahead to his reward.” (11:26)*

This deals with the issue of \_\_\_\_\_.

**#4. I must determine \_\_\_\_\_.**

*“By faith he left Egypt, not fearing the king’s anger; he persevered because he saw Him who is invisible.” (11:27)*

*“Faith led Moses to leave Egypt without being afraid of the king’s anger. Moses didn’t give up but continued as if he could actually see the invisible God.” (11:27 GW)*

This deals with the issue of \_\_\_\_\_.

*“I have told you all this so that you will have peace of heart and mind. Here on earth you will have many trials and sorrows; but take heart, for I have overcome the world.” (John 16:33 NLT)*

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