

## **Jesus Heals Anxious Hearts ~ p. 1**

Heart of the Father's School of Prayer

Led by Bill Gaultiere ~ November 17, 2012, 8:30 am to 1:30 pm ~ SoulShepherding.org

### **Dive in! Face your Fear!**

#### **Watch and Pray with Jesus**

- What are you anxious about or tempted to be anxious about? (Psalm 139:23-24) Keep this issue in mind and open to the Lord all day.
- Is God your refuge? Or is it \_\_\_\_\_? (Psalm 46 meditation)

#### **Anxiety Sucks the Life out of You**

- We say anxiety is being “stressed out,” but really it’s being *stressed in* your body and soul
- Anxiety is a “hand-me-down” (secondary) emotion -- usually from fear
- Anxiety is not a sin -- it’s a burden (Hebrews 12:1-2)
- “A-N-X-I-E-T-Y Test”

#### **Some Causes of Anxiety**

- Hurrying and doing too much -- not living with margin and good boundaries (Isaiah 30:15-2)
- Repressed emotion from sin, wounds, or stress (Ephesians 4:25-27)
- Trying to make your life turn out like you want and perhaps trying to get God to do this for you (e.g., Matthew 5-7)

Visit [SoulShepherding.org/tag/anxiety/](http://SoulShepherding.org/tag/anxiety/) for free resources to help you with anxiety

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### Come to Jesus, the Wonderful Counselor and Prince of Peace

- Trust God as Father and learn to live in his Kingdom of the Heavens through Jesus -- abandon outcomes to God (e.g., Matthew 5:3-16)

"This world is a perfectly safe place to be if you're living with Jesus in the Kingdom of the Heavens." ~ Dallas Willard, *Divine Conspiracy*

Don't worry. Don't hurry. Listen to Jesus: "Don't worry getting what you want -- listen to the birds. See how the Father cares for them... Don't worry about what people think about you -- look at the flowers. See how they grow and how God clothes them so beautifully." (Matthew 6:25-34, paraphrases)

"We live by faith, not by sight" (2 Corinthians 5:7; 2 Corinthians 4)

- Get real with Christ's ambassadors (2 Corinthians 5:20)
- Rejoice in the Lord, ask God for what you need, think positive, and learn to be content "in Christ" (Paul persecuted in prison; Philippians 4:4-13)
- Renew your mind in God's Word (Romans 12:1-2)
- Healing Prayer: Breathe with the Spirit of Christ: "Peace... Be still" (Mark 4:35-41)

Feel the storm. Then look into Jesus' face as he naps in Abba's arms.

In your anxiety today

As a child in an anxious or hurtful memory

### Community Process and Pray

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