

# Anxiety

Circumstances in life sometimes cause us to feel anxious or depressed. But God is stronger than any difficulty we face, and He will help us through it all. God loves you! Jesus died for you. He has risen and wants to give you a life of freedom. Hold on to those facts.

When you feel overwhelmed, first pray and seek the Lord. The Bible says to **“cast all your anxiety on him because he cares for you” (1 Peter 5:7)**. God loves you and will help you. He knows your heart and will bring clarity to your confusion.

**“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:6–7)**

If you are in Christ, the Holy Spirit dwells in you. **“The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control” (Galatians 5:22, 23a)**. God the Holy Spirit, who lives in you, doesn't have to try hard to be like Himself. He is peace; He is joy. Rely on Him, seek Him through reading the Bible and praying, and He will bear fruit in your life. Even if you have to pray every five minutes for strength, that's okay. God will help you.

Next, tell someone else. We can't do life alone, so it's essential to be in Christian community. When we are weak, a brother or sister in Christ can encourage us, challenge us to see the big picture, or help expose a lie we believe. Tell someone at church or in your family. Seek out a Christian counselor and commit to going to your sessions. Set up a support system around you so you don't have to deal with this by yourself. Admitting that you need help is crucial to finding freedom. Things won't always be this way. This may be a tough season, but it doesn't mean your entire life will be this hard. The Psalmist recounts, **“When anxiety was great within me, your consolation brought joy to my soul” (Psalm 94:19)**. Going through hardship is inevitable, but God will comfort and deliver you. He will never leave you.

***If you are struggling with this, we want to help you. Please contact the church office (904.261.8310) or email us at [hope@thejourneyfamily.com](mailto:hope@thejourneyfamily.com).***

