

Why Am I Not Happy?

Overcoming Anxiety

Our Mission: To take as many people to Heaven as we can before we die. Period.

1. Surrender your life to God.

Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God. **Philippians 4:6 AMP**

In the same way, you who are younger must accept the authority of the elders. And all of you, dress yourselves in humility as you relate to one another, for "God opposes the proud but gives grace to the humble." So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you. **1 Peter 5:5-7 NLT**

2. Fill your mind with good things.

Finally, brothers and sisters, keep your thoughts on whatever is right or deserves praise: things that are true, honorable, fair, pure, acceptable, or commendable. Practice what you've learned and received from me, what you heard and saw me do. Then the God who gives this peace will be with you. **Philippians 4:8 GW**

3. Limit negative "sky is falling" media and people.

"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble." **Matthew 6:34 ESV**

4. Reduce debt.

The rich rules over the poor, and the borrower is the slave of the lender.
Proverbs 22:7 ESV

5. Slow down.

It's useless to rise early and go to bed late, and work your worried fingers to the bone. Don't you know he enjoys giving rest to those he loves? **Psalms 127:2 MSG**

6. Remember God has never failed you.

I prayed to the Lord, and he answered me. He freed me from all my fears.

Psalm 34:4 NLT

Our ancestors trusted in you, and you rescued them. They cried out to you and were saved. They trusted in you and were never disgraced. **Psalm 22:4-5 NLT**

Message Notes: The Holy Bible, New Living Translation, English Standard Version, God's Word translation. The Amplified Bible. The Message, by Eugene Peterson.