

Overwhelmed: Overcoming the Mental Stronghold of Anxiety, Worry, and Panic Attacks

We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning... We capture their rebellious thoughts and teach them to obey Christ. **2 Cor. 10:4–5 NLT**

David's panic attack

My heart pounds in my chest. The terror of death assaults me. Fear and trembling overwhelm me,

and I can't stop shaking. **Psalms 55:4-5 NLT**

I am losing all hope; I am paralyzed with fear. **Psalms 143:4 NLT**

STRONGHOLD: a fortified place—a mental “fortress” where fear takes over and truth can't get in.

“So don't worry about tomorrow...” **Matthew 6:34 NLT**

“When doubts filled my mind, your comfort gave me renewed hope and cheer.” **Psalms 94:19 NLT**

1. Capture the Thought Before It Captures You.

“We capture their rebellious thoughts and teach them to obey Christ.” **2 Corinthians 10:5 NLT**

What Anxiety Says vs What God Says

Anxiety: “What if it all falls apart?”
you.” **Isaiah 41:10 NLT**

God: “Don't be afraid... I will strengthen you and help

Anxiety: “I'm alone.”
Hebrews 13:5

God: “I will never fail you. I will never abandon you.”

Anxiety: “I can't handle this.”
power...” **2 Timothy 1:7 NLT**

God: “God has not given us a spirit of fear... but of

2. Anxiety is a signal to pray. Pray the peace exchange prayer: “God I give *this* to you. Thank you that you’ve got *this*, and now I receive your peace.”

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

“Give all your worries and cares to God, for he cares about you.” **1 Peter 5:7 NLT**

“Live carefree before God; he is most careful with you.” **1 Peter 5:7 MSG**

Before daybreak the next morning, Jesus got up and went out... and prayed. **Mark 1:35 NLT**

3. When Panic Hits Your Body, it’s your nervous system saying: “I’m overwhelmed.”

“But when I am afraid, I will put my trust in you.” **Psalms 56:3 NLT**

“I prayed to the Lord, and he answered me. He freed me from all my fears.” **Psalms 34:4 NLT**

Your Panic Plan

1. take deep breaths slowly. Ground yourself.

“God, I breathe You in...I breathe out fear.”

2. Speak scripture out loud.

“The Lord is my shepherd...” **Psalms 23:1**

“God is with me.” **Isaiah 41:10**

3. Don’t fight the wave—ride the wave.

“This will pass. God is with me.”

Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. **Psalms 23:4 NLT**

4. Isolation fuels anxiety. Get in a life group, because everybody needs encouragement.

Two people are better off than one... If one person falls, the other can reach out and help. **Ecclesiastes 4:9–10 NLT**

Confess your sins to each other and pray for each other so that you may be healed. **James 5:16 NLT**

Share each other's burdens.. **Galatians 6:2 NLT**

Message Notes: The Holy Bible, New Living Translation, New International Version. The Message, by Eugene Peterson. Anxiety, Calming the Fearful Heart, by June Hunt. Worry, the Joy Stealer, by June Hunt. Cleaning Up Your Mental Mess, by Dr. Caroline Leaf.