

Give Anxiety Away
Psalm 55:22
By Russ Earl

Thesis: I want to show how we can turn our anxiety over to God.

Intro:

1. What is anxiety?
 - a. an abnormal and overwhelming sense of apprehension and fear
 - b. self-doubt about one's capacity to cope
 2. Anxiety and worry is easy when facing various difficulties. But the Christian has help.
- I. "Cast your burden on the Lord..."
- A. What does it mean cast something on the Lord?
 1. To cast means to throw or put something away.
 2. So literally, we are told to put what troubles us away giving it to God.
 3. This isn't the only time we are told to do this (**1 Pt 5:7, Mt 11:28**)
 - B. What burdens do we cast on the Lord?
 1. Burdens here are those things that worry us.
 2. Of course that means anything and everything.
 3. There is nothing that burdens us that we cannot cast upon the Lord.
- II. "...And He shall sustain you..."
- A. Why is it that only God can sustain us?
 1. Man can help others but there are many matters which no man but God can repair.
 2. God provides understanding that man cannot. God provides care that man cannot. God provides blessings that man cannot, God provides love that man cannot.
 3. **Matthew 19:26**
 - B. How does He sustain man?
 1. Through knowledge. Knowledge that we do not have to worry or have anxiety. God is in control. We must trust Him and sometimes, trust His timing.
 2. It is God who upholds us and sustains us (**Ps 41:12, Acts 17:28**).
 3. It's difficult not to worry about things we cannot control. However we must pray to God and leave our concerns with Him (**Heb 4:16**).
- III. "...He shall never permit the righteous to be moved."
- A. Why is it that only the righteous are not moved?
 1. The righteous are called such because they are followers of God.
 2. Followers of God will not be moved because God is their rock. (**Ps 18:1-2**).
 3. The righteous have their hope in God, therefore the righteous should not worry (**Ps 42:10**).
 - B. What is it that the righteous are avoiding by not being moved?
 1. The righteous are avoiding further anxiety and possible depression.
 2. When the righteous trust in God and lay their troubles upon Him, rest and comfort will come to them. (**Ps 23:4**)

Conc:

1. Man worries about so much in life. We should do our very best to pray more, trust God more and worry less.
2. Happiness and contentment will come when we recognize God is in control.

Hear

Romans 10:17

So then faith comes by hearing, and hearing by the word of God.

Believe

John 3:16

For God so loved the world that He gave His only begotten Son, that whoever + in Him should not perish but have everlasting life.

Repent

Luke 13:3

I tell you, no; but unless you repent you will all likewise perish.

Confess

Rom 10:9 — Rom 10:10

that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.

Be baptized

Acts 2:38

Then Peter said to them, “Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit.

Acts 22:16

And now why are you waiting? Arise and be baptized, and wash away your sins, calling on the name of the Lord.’

Remain Faithful

Revelation 2:10

Do not fear any of those things which you are about to suffer. Indeed, the devil is about to throw some of you into prison, that you may be tested, and you will have tribulation ten days. Be faithful until death, and I will give you the crown of life.