

## How to Manage Your Emotions? PART 3

Matthew 6:25–34

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### MAIN TAKEAWAY

Anxiety often stems from issues of control. Focusing on things we cannot change leads to worry and unrest. Anxiety is not God's plan; God desires to carry both your worries and you.

**Big idea:** Prayer is the answer to anxiety.

### KEY SCRIPTURES & TAKEAWAYS

#### 1. Matthew 6:25–34 NKJV

- a. Change what you're **looking** at: When we focus on the wrong things, what is out of our control, the news and social media, we feed anxiety, fear and comparison.
- b. Remember how much **God values** you: You are the crowned jewel of God's creation. God has a plan for you and a purpose for your life. He will take care of you, put your trust in Him.
- c. Live in the **present**: Think about what you can do for His Kingdom now. You decide what you dwell on, not in your past mistakes or regrets, not in the fear of what's to come, but live right here and right now.
- d. **Let go**: Jesus asks us to surrender, to put it all in His hands.

#### 2. Philippians 4:6-7 TPT

- a. Paul teaches us that God's receipt for prayer is His overwhelming peace.
- b. Paul was completely at peace because he was saturated with prayer.

#### 3. Philippians 4:8 NKJV

- a. We have to direct our mind, we have the choice of what we're going to dwell on and pray about.

#### 4. Philippians 4:6 MSG

- a. When we bring our requests to God, we take the pressure off of ourselves, we can let go of the anxiety of trying to figure it out and give it to Him.

### Types of prayer that will help with anxiety:

- **Contemplation:** When we calm ourselves, quiet ourselves before the Lord and focus on Him. We can rest in the fact that He is near and working all things for our good. (Psalms 131:1-2)
- **Meditation:** We can pray the Bible, remind ourselves of God's promises, His faithfulness, what He said in His word. (Isaiah 43:26)

- **Requests:** Bring your needs to God and ask Him for help.
- **Tongues:** When we pray in tongues, we pray the perfect will of God. It brings the answers that we can't find elsewhere.

### **REFLECT & REVISIT**

Go back and read **Matthew 6:25–34** Change your focus from what you cannot control or negative news/media to God's promises and priorities. Remind yourself of your value in God's eyes and how He cares for you, rest in His love and care. Practice living in the present moment, rather than dwelling on regrets or fearing the future. Choose to surrender your anxieties and burdens to God through prayer.