

Emotions



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Finding Relief from Anxiety

Percentage of Adults Showing Signs of Anxiety Disorder

- July 2019 – 8 percent
- July 2020 – 36 percent

How Jesus Coped with Anxiety

1. Talk to your _____ .

They went to a place called Gethsemane, and Jesus said to His disciples, "Sit here while I pray." He took Peter, James, and John along with Him and He began to be deeply distressed and troubled. (Mark 14:32-33)

"He plunged into a sinkhole of dreadful agony." (Mark 14:33 MSG)

"My soul is overwhelmed with sorrow to the point of death," He said to them. "Stay here and keep watch." (Mark 14:34)

2. **Talk to your** _____ .

If it's big enough to worry about, it's big enough to pray about.

If it's on your mind, it's on God's heart

Going a little farther, He fell to the ground and prayed that, if possible, the hour might pass from Him. "Abba, Father," He said, "everything is possible for You. Take this cup of suffering from Me ..." (Mark 14:35-36)

3. **Talk to your** _____ .

Tell your feelings, "You don't get to lead me!"

Talk to your feelings about your faith.

"Abba, Father," He said, "everything is possible for You. Take this cup of suffering from Me. Yet not what I will, but what You will." (Mark 14:36)

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