

Attack Anxiety: Our "Freedom from the Freak Out" Plan

Step 1: Face that anxiety BULLY head-on and tell it to get out! If it's not from God, it doesn't belong in you!

- (**Scripture:** *2 Timothy 1:7, NKJV: For God has not given us a spirit of fear, but of power and of love and of a sound mind.*)

Step 2: Humble yourself before God, giving HIM control! Keeping control results in pride, fear, and shame – none of which are from God.

- (**Scripture:** *1 Peter 5:6, NLT: So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor.*)

Step 3: Cast your "merimna" on Him so He can care for YOU! Big, small, and everything in between – CAST IT!

- (**Scripture:** *1 Peter 5:7, NIV: Cast all your anxiety on Him because He cares for you.*)

Step 4: Consciously resist your enemy and his lies by changing broken records and declaring Truth (scripture!) over yourself, your circumstances, and others!

- (**Scripture:** *1 Peter 5:8-9, MSG: Keep a cool head. Stay alert. The Devil is poised to pounce, and would like nothing better than to catch you napping. Keep your guard up. You're not the only ones plunged into these hard times. It's the same with Christians all over the world. So keep a firm grip on the faith.*)

Step 5: Trust God has good plans for you, knowing He will see you through this – He always has the last word!

- (**Scripture:** *1 Peter 5:10-11, NLT: In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation. All power to him forever! Amen.*)