

Maple Springs Baptist Church

Series: I'm Okay. Everything if Fine.

Week 1: The Antidote to Anxiety

Anxiety: where the things around you start to press in and your chest starts to get tight; your mind won't rest or relax.

Anxiety exists when the Problems around you overwhelm the Peace within you.

Philippians 4:4-7

If anxiety exists when the problems around us overwhelm the peace within us then . . .

Peace exists when the Praise inside you overwhelms the Problems around you.

What is Praise? **Praise is when we recognize God for who He is.**

Praise elevates heart and mind past the problems of our lives. Praise elevates our point of view to who God is. Our natural tendency in life is to live self-obsessed, self-absorbed and self-reliant. When I elevate my perspective up to where God is, I escape the overwhelming state of a self-centered life.

Praise is us engaging the Presence of God over the Problems in our lives.

Praise invites us into a greater understanding of who God is.

Psalm 121:1-2: Praise invites us into is **RECOGNITION** of God—to look up to God for help. Praise invites us to recognize God for who He is. Deploy praise over fear and problems.

Psalm 121:3-6: RELIANCE on God. Praise was always meant to invade every practical part of our lives. Anxiety starts to grow when I think it is all on me. Anxiety grows when we make decisions apart from God because the consequences are all on you. Recognition of God has to translate into reliance on God.

Psalm 121:7-8: RESTING in God. The deepest manifestation of Praise is resting in God. You don't crave rest until you are tired, until you are exhausted. The places we have the least control tend to cause the most anxiety.

MATTHEW 11:28-30. Rest is the natural overflow of a heart of praise. Praise lets me rest now, even when I don't know how it's going to turn out later, cause God's in control of my tomorrows.

Praise was meant to be our life's pursuit of all God is over the practical places in our life. God never said we'd be problem free, but He does invite us to be anxiety free.