

## CROSSROADS COUNSELING

*emphasizing biblical hope & restoration*

### “Overcoming Anxiety”

*Seminar Preview Devotion*

October 14, 2008 ♦ 9:00 am - Noon or 6:00 - 9:00 pm  
National Hills Baptist Church ♦ Cost is \$20 per person  
Register at [www.crossroadsaugust.org](http://www.crossroadsaugust.org) or (706)364-1270



“Drive safely! I love you!” How many parents have said those same five words before their teenager walks out the door? How should we understand those words? They are a command that is meant to be followed (under threat of certain restrictions). But these words are primarily an expression of love. Even the command says, “You are on my mind even when you are not in my sight. Please take care of yourself.” Most parents do not install video monitoring equipment in their child’s car to ensure they are not talking on the cell phone, both hands are on the steering wheel, turn signals are given with appropriate advanced warning, and CD’s are not changed while turning a corner. Their warning is an expression of love more than an IRS letter informing their teenager of a driving audit.

In Philippians 4:6 Paul commands, **“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”** This is a command that is meant to be followed (and anxiety results in many consequences—physical, emotional, relational). But these words are primarily an expression of God’s love. Our Heavenly Father is concerned for His children. His purpose is not primarily to condemn our perfectionism, fear, worry, controlling, or stress (although He longs to free us from these forms of mental and emotional slavery). God’s command says, “You are on my mind, every aspect of you. I long for you to experience the peace I have for you. Pay attention when your emotions alert you that you are not.”

The seminar coming up on October 14<sup>th</sup> will examine how we can overcome anxiety as our Heavenly Father lovingly commands us to. We will look at what this emotion reveals about our priorities, beliefs, lifestyle, and expectations. We will explore how Scripture invites us to make physical, cognitive, and emotional changes to experience **“the peace of God”** (Philippians 4:7) and **“the God of peace”** (Philippians 4:9).



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