

God's Prescription for Relentless Anxiety

What are you so worried about? What are you so afraid of?

The Bible says we should not be anxious or afraid. There are approximately 100 times where God says in some way "Fear not." Followers of Jesus are not to be carrying worry. Here are just a few such Scriptures:

- "Be strong and courageous. Do not be afraid or dismayed, for the LORD your God is with you wherever you go" (Josh. 1:9b).
- "Be anxious for nothing, but in everything, by prayer and supplication with gratitude, make your requests known to God" (Phil. 4:6).
- "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" (Matt. 6:34, NIV).

Can you imagine Peter, John or Paul stressing over where his next meal would come from? Or worrying about what other people thought of the life he was living for Jesus? Or wringing his hands over what the devil might be up to? Or lying awake at night, fearful he would mess up the mission Jesus had entrusted to him?

Of course not!

Fear and anxiety can be expensive, debilitating and keep you from the Fully Alive life Jesus came to give each one of us. If fear and anxiety has been your way of life, you know how hard it can be to break free. Your thoughts and feelings can seem out of your control. Doesn't God know that?

Thank God there is a way out! "For the spirit God gives does not make us timid, but gives us power, love and self-

discipline" (2 Tim. 1:7, MEV).

But how do you get there?

The Path to Fearlessness

The men and women who knew Jesus best didn't start out confident and unafraid. The disciples nearly lost it in fear when the storm engulfed their small fishing boat on the Sea of Galilee. "Don't you care that we're all going to die?!" they shouted at Jesus.

In the midst of the storm, Jesus stood up and rebuked the wind and the waves (see Matt. 4:36-39). And then He rebuked His disciples. "Why are you so afraid? Do you still have no faith?" (Mark. 36:40).

Not long afterward, Peter and John stood in front of the religious leaders in the temple, completely unfazed by their threats and persecution (Acts 4:13). A short time later, Paul started traveling the then-known world telling everyone about Jesus—regardless of the troubles he encountered.

Jesus' friends moved from fearful to fearless as they spent time with Jesus, saw Him alive and were filled with the Holy Spirit. And that's how you'll get there too.

Your Prescription for Fear and Anxiety

I've walked the journey out of fear and anxiety to a life of true joy and fulfillment. And I want to share with you a five-part prescription I know will work for you too, a prescription that's backed up by both medical science and God's Word.

These steps are not complicated, but they may not always be easy. This prescription is not a one-time fix; like most prescriptions from your doctor, this one reads "Take one daily."

I've prepared a free downloadable **Resource Guide** discussing this five-part prescription in detail. It looks at the integrated way in which God made you and me—physically, emotionally and spiritually. And it provides practical ways in which you can begin living free from fear and anxiety right away. Download your free guide.

Dr. Carol Peters-Tanksley is both a board certified OB-GYN physician and an ordained Doctor of Ministry. As an author and speaker, she loves helping people discover the **Fully Alive** kind of life Jesus came to bring us. Visit her website at .