

How to Win Your Spiritual Battle With Anxiety

He has shown strength with His arm; He has scattered the proud in the imagination of their hearts. He has pulled down the mighty from their thrones and exalted those of low degree. He has filled the hungry with good things, and the rich He has sent away empty (Luke 1:51-53),

Mary has two options in light of all that has happened in her life. She can either give in to anxiety, or she can focus on history: What has God done?

In moments of crisis and doubt, choosing anxiety will lead to paralyzing fear about the future. Instead, Mary remembers God's grace toward Abraham and the nation of Israel. She recognizes that the culmination of God's promises is to be fulfilled in her son, the Savior of the world. She trusts that God has been working on this for thousands of years, and she believes He is good on His word.

Trust that God is the same yesterday, today and forever. Cling to it like a drowning victim adrift at sea clings to a life ring. It doesn't mean that everything will be fixed, but you will keep your head on straight, and you will be able to worship your way through it. Find a way to glorify God so that you might have joy and a reason to sing. Read Scripture, read church history and read biography. Get to know people and hear the story of God's work in their lives, so you can replace anxiety with history. God has been good, and He will be good, because He is the same God yesterday, today and forever.

If you struggle with despair and discouragement, or maybe even depression, let me submit to you one thing that may be very helpful: Record evidences of God's grace toward you. Like Mary, it will help you to say, "He has done good things for

me.”

What has God forgiven you of? What is He teaching you? How is He changing you? Who has He put in front of you? What circumstances has He delivered you from? What opportunities is He calling you to? Your whole life might change if you could readily look back and know with confidence, *He’s done great things for me.*

Today, write or type out at least five specific ways that God has done great things for you in your past. {eoa}

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