

CHANGING *the* CULTURE

ANXIETY

YOU ARE WORTH IT

Hello my friend. I can't pretend to know everything your going through. I can only imagine how difficult it must be at times and how rejected and defeated you might feel when you are overwhelmed with life.

But let me give you some encouragement today in that you are reading this for a reason. God is watching you. He sees your struggle. Your hurt. Your wounds. He sees your heart and knows everything you're going through and desires to bring you to a place of rest. A place of peace. I ask that today (and everyday) that you spend the first 5 minutes of your day just giving all your "things" over to God and asking Him to take care of them for you.

In return I want you to believe that He will give you His peace, His Love, and His help. He loves you.

Be reminded today that you are a Child of God, a royal ambassador who was created for such a time as this. You are not a mistake and you're not awful. You were created fearfully and wonderfully by God for specific reasons. Hang in there my friend – God is going to do amazing things in and through you!

Encouragement from the Word of God

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. ~ Isaiah 41:10

- God is with you my friend. No matter how big the battle might seem trust me when I say that our God is bigger. Hang in there!

When I am afraid, I put my trust in you. ~ Psalm 56:3

- Yes, and Amen! Anytime I am afraid or nervous I simply close my eyes and imagine myself giving those things to Jesus in a box. In return He gives me a hug and assures me that things will work out.

For God has not given us a spirit of fear, but of power and of love and of a sound mind. ~ 2 Timothy 1:7

- That's right and don't you forget it. God has given you a Spirit of Power, LOVE, and a Sound mind. You are a Child of God my friend – Don't let the enemy tell you any different!

When anxiety was great within me, your consolation brought joy to my soul. ~ Psalm 94:19

- This scripture gives me peace. I used to think I was a failure when I was struggling with anxiety. Now I realize that I am in a spiritual battle and the enemy is always trying to fight against me. So, when anxiety does try to beat me up – I go to the Lord and receive his consolation which gives me hope and joy! Amen!?

Cast your cares on the Lord and he will sustain you; he will never let the righteous fall. ~ Psalm 55:22

- Any time you are struggling – Don't waste time dwelling on things. Instead cast your cares on the Lord and believe that God has your back! Trusting in Him should help give you a peace that surpasses all understanding!

Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all ~ 2 Thessalonians 3:16

- No matter what your going through – Our God offers you HIS peace and HIS peace overcomes everything. With that being said, take time (each day) to take deep breathes in through the nose and out through the mouth. When you are doing this, envision you breathing in God's peace, and exhaling all the "junk" in our life. Do this for 3-5 minutes everyday and watch God establish His Peace in your life!