

## Lesson 7: Passing the Test

### Introduction:

- What you say about a circumstance is powerful.
- What you believe about a circumstance is even more powerful.
- Now if you are bound in anxiety, let truth set you free.

*To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." John 8:31-32*

### Do you see the secret to being set free?

- Believe
  - Hold fast to Jesus's teachings
  - Be disciples (learners)
- Then the truth will set you free.

**Any pattern of anxiety keeps you focused on yourself or your circumstance and not on truth.**

### Lesson: How do I break an anxious pattern?

Philippians 4:4-7

1) *Rejoice in the Lord always. I will say it again: Rejoice!* This is a double command to rejoice. It is not a suggestion. One of the most powerful weapons over anxiety is REJOICING! This does not mean I rejoice in my problems or suffering but in what God is going to do through it for His glory in me and for others.

2) *Let your gentleness be evident to all. The Lord is near.* We can be gentle in every confrontation, argument, slander, persecution because the Lord is near.

3) *Do not be anxious about anything.* This is clear instruction. Use anxiety as a signal to stop and re-balance yourself.

4) *but in everything, by prayer and petition, with thanksgiving, present your requests to God.* Prayer and thanksgiving are two more keys to unlocking the grip of anxiety.

### Promise:

***And the peace of God, which transcends all understanding will guard your hearts, and your minds in Christ Jesus. Philippians 4:7***

**Exercise:** Choose an anxious thought and change your pattern of thinking about it. You rule your thoughts of anxiety, instead of letting this anxiety rule you.

### Application:

- 1) Rejoice
- 2) Be Gentle
- 3) Refuse to think anxious thoughts
- 4) Pray and give it to God and be grateful

**Principle:** Being an example to others in joyfulness is a crown that empowers us to stand firm in faith!

*Therefore, my brothers, you whom I love and long for my joy and crown, that is how you should stand firm in the Lord, dear friend! Philippians 4:1*

**Conclusion:** How are you doing? Are you passing this test? In my experience, if I do not pass the test of conquering my own anxiety, it hinders me from moving forward in my life. So, you say, how can I rejoice when I feel so anxious? Rejoicing is a choice. It is a condition of our spirit, while anxiety is a condition of our soul (flesh). Once you break the pattern of habitual anxious thoughts with rejoicing, prayer and gratefulness you can find a peace that surpasses all understanding.

**I can do all things through Christ who strengthens me. Philippians 4:13**