

LESSON 6

PRISON CAMP OF ANXIETY

Introduction

Anxiety is prison camp of suffering; it is within your power to stop it!

Anxiety captures you in the bondage of suffering:

- Until you recognize your behavioral dysfunctions that cover your deep inner wounds.
- Until you stop trying to change people and situations you cannot change.
- Until you stop identifying with broken circumstances.

Lesson

Stop being your own enemy and build the identity as a warrior!

In what ways are you your own enemy?

If you are entertaining anxiety, you are on the enemy's side of the battle. You are tearing down and destroying your own life with anxiety. This behavior plunders you of the enjoyment of today. It robs you of your health. Anxiety keeps you distracted from things which matter. Anxiety's weapons are fear, worry, discouragement and confusion.

- **What you believe about a situation is powerful.**
- **What you say to yourself about a circumstance is powerful.**
- **Do not elevate your emotions to the level of truth.**

Build your identity in Christ and fight anxiety with truth!

Truth

- I am fearfully and wonderfully made. Psalm 139:14
- I am made in the image of a mighty God. Genesis 1:26
- I can do all things through Christ who strengthens me. Romans 8:28

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- I am more than a conqueror through Christ who loves me. Romans 8:37
- There is nothing that can separate me from the love of God, not death, nor life, nor angels, nor demons, nor powers, nor things present, nor things to come. Romans 8:35
- **Absolutely nothing** can separate me from my God's love: not trouble, not hardship or persecution, famine, nakedness, danger, or a sword like addiction that was intended to destroy me. Romans 8:38
- **Nothing can come between you and Christ!**
- **Addictions capture you in the prison camp of anxiety. The bars of your cage are the lies you believe.**
- **Get up and fight for your freedom. You are worth it!**

Exercise

What lie do you need to renounce? What truth do you need to believe?

Application

Memorize one of the truths of your identity and say it 100 times a day.

Anxiety is just emotions. It is a warning light on the dashboard of life to show you something in your thinking needs examined, worked through, corrected, and released.

Principle

The truth sets you free.

...you will know the truth, and the truth will set you free. John 8:32

Conclusion

It is your **passive thinking** that must be reeled in. If you are not purposeful about what you are thinking, anxiety will capture you and every moment will be filled with stress. It takes a purposeful training of your mind to build a new identity and reject all anxious thoughts. This is war against passive thinking on enemy ground! Fight for your freedom from anxiety!

Do not rob yourself of the chance to mature, grow and experience victory in overcoming self-imposed burdens of poor decision making. These anxieties turned into responsibilities and firmly placed on your shoulders might be the very weight you need to correct yourself.

**The Lord is my Rock, and my fortress and my deliverer; my God,
my strength, in whom I trust... Psalm18:2**