

A wide-angle photograph of a calm body of water, likely a lake or a wide river, reflecting the surrounding landscape. In the background, a range of rugged, brown mountains stretches across the horizon under a clear, pale blue sky. The water is exceptionally still, creating a perfect mirror image of the mountains and the sky. The overall mood is peaceful and contemplative.

Quelling Anxiety

How to Quiet the Storm Within

Glen Gerhauser | Church in the City | Sunday, 21 August 2022

**“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own”
(Mt 6:34, NIV).**

JESUS, The Sermon on the Mount

Happy Birthday, Valerie!



Anxiety is the storm within. It happens when we let this world's troubles get inside us. We soon become like a waterlogged boat. And like the disciples, we start wondering if the Lord cares (Mark 4:35-41).

That day when evening came, he said to his disciples, “Let us go over to the other side.” Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?” He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm. He said to his disciples, “Why are you so afraid? Do you still have no faith?” They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

(Mk 4:35–41, NIV)

**Only Jesus can truly calm our anxieties.
But we have a responsibility to practice
his wisdom so that we can live in the
tranquility he gives.**

**Today, I want to talk about five
tactics for quelling anxiety.**

FIVE TACTICS TO QUELL ANXIETY

G O D ' S W A Y

by Glen Gerhauser



Think Good Thoughts

Your brain works like a road network. The neurons travel down known pathways. Thinking good thoughts can change the wrong paths that lead to anxiety. Read what Paul says in Philippians 4:4-9.

Remember What God Has Done

In Lamentations 3:21-24, the poet turns a corner when he remembers God's kind love, compassion and faithfulness. Remembering helps renew your mind (Rom. 12:1-2).



Abide in Jesus' Love

When you know Jesus' abundant love and active care for your life, you can face life without fear. The Father has created you to live with his love within you (John 15:9-11; 1 John 4:18).

Imagine According to Scripture

God made the mind to process and connect images. Sadly, some Christians think imagination has no place in the Christian life. Let Scripture inspire your imagination and see things according to God's hope-filled future (Jer. 29:11-13; 2 Tim 3:16).



Nurture yourself with Psalms, Praise and the Song of Songs

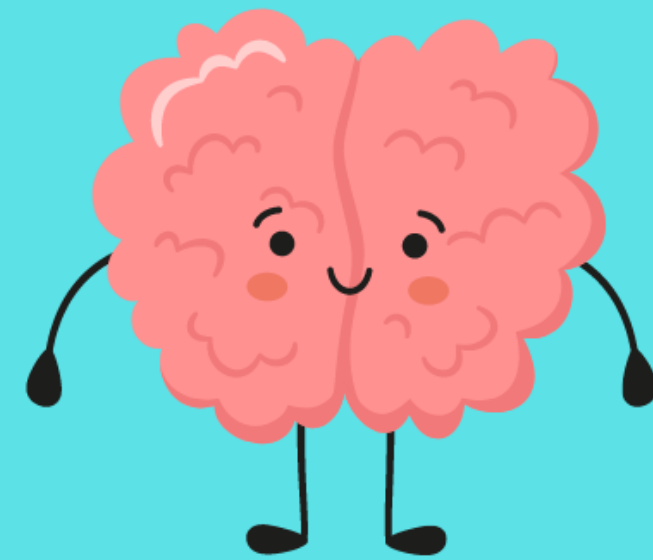
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Don't
Overthink

Thank God
Continually

Trust

Tongues

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