

# CRUSHING ANXIETY

**1 Peter 5:6-10** “Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. <sup>7</sup> *Cast all your anxiety on him because he cares for you.* <sup>8</sup> Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. <sup>9</sup> Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. <sup>10</sup> And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.”

## In Part One, we discovered:

- Anxiety is the torment of anticipation as we face an uncertain future.
- Because anxiety deals with the uncertainty of the future, Jesus is uniquely suited to help us deal with it, because He is the God of the future — the Alpha and Omega, the beginning and the end (see Revelation 1:8).
- As I break my pride and learn to “humble myself,” I realize *it's okay to admit I'm not okay.*

One way to RESIST the enemy is to remember that he is a liar (see John 8:44). Everything hell presents to us about the future will be devoid of God's purposes and poisoned with false versions of reality.

**2 Corinthians 10:5b** (TPT) “We capture, like prisoners of war, every thought and insist that it bow in obedience to the Anointed One.”

When we're not taking “every thought” captive, we can develop “automatic negative thoughts” (ANTs).

## Eight Species of ANTs:

1. **Magnifying:** Blowing the negative out of proportion, so you can only see the bad in a situation — this often includes words like “always, never, everyone, no one, every time, everything.”
2. **Minimizing:** Not paying attention to the positive aspects of a situation, or discounting their importance — “I wasn't good enough. Anyone could have done as well as I did.”
3. **Fortune Telling:** Predicting the worst possible outcome to a situation.
4. **Mind Reading:** Believing you know what another person is thinking, even though they haven't told you.
5. **Guilting:** Thinking in words like “should, must, or ought” about yourself or others.
6. **Labeling:** Attaching a negative label to yourself or to someone else.
7. **Blaming:** Blaming someone else for your problems, or blaming yourself entirely — it's almost never just one or the other.
8. **Emotional Reasoning:** Assuming your negative emotions reflect an actual negative reality — “I feel stupid. I must truly be an idiot.”

# **CRUSHING THE ANTS!**

To capture every thought and bring it into submission to Jesus, we need to *identify* and *interrogate* every Automatic Negative Thought!

1. In the first column, write down the ANT going through your mind.
  2. In the second column, identify the type of ANT.
  3. In the third column, talk back, correct, and eradicate the ANT.