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What To Do When You Feel Desperate

(How to Be An Optimist With Your Eyes Open)

(SERIES: **Mastering My Emotional Monsters: 07 of 08**)
by Dr. David Foster

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--**think about** such things. Whatever you have learned or received or heard from me, or seen in me--put it into practice. And the God of peace will be with you.” (Phil 4:6)

The Affects Of Anxiety

Anxiety **saddens** the heart.

“An anxious heart weighs a man down, but a kind word cheers him up.” (Pro. 12:25)

Anxiety **shortens** your sight.

“For troubles without number surround me; my sins have overtaken me, and I cannot see. They are more than the hairs of my head, and my heart fails within me.” (Psa 40:12)

Anxiety **sickens** the body.

“I am poured out like water, and all my **bones** are out of joint. My heart has turned to wax; it has melted away within me. My strength is dried up like a potsherd, and my tongue sticks to the roof of my mouth; you lay me in the dust of death.” (Psa 22:14)

Anxiety **segregates** your mind.

“... he is a double-minded man, unstable in all he does.” (Jam. 1:8)

Anxiety **separates** you from God.

“The Lord said to Moses, ‘How long will these people treat me with contempt? How long will they refuse to believe in me, in spite of all the miraculous signs I have performed among them?’” (Num. 14:11)

A Wide-eyed Optimist

Lives in **peace**.

“But now in Christ Jesus you who once were far away have been brought near through the blood of Christ. **For he himself is our peace,**” (Ephesians 2:13-15 NIV)

Prepares with **prayer**.

“... Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.”

“A righteous man may have many troubles, but the LORD delivers him from them all; he protects all his bones, not one of them will be broken.” (Psa 34:19-20)

Programs their **thinking**.

“... Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--**think about** such things.”

Walks by **faith**.

“Now we know that if the earthly tent we live in is destroyed, we have a building from God,We live by faith, not by sight.” (2 Corinthians 5:1-7 NIV)