

Battling the Trifecta of Stress **WORRY, ANXIETY, AND FEAR** Romans 12:1-2

Worry, anxiety, and fear are very similar problems, and all primarily come from the same root. The most common grouping name for the “trifecta” is STRESS. Stress is listed by most medical associations as the number one reason for sickness and disease, prescribed medications, and doctor’s office visits.

God created us to live in peace, not in fear. Is there any wonder why one of the most common commandments in the Bible is, “fear not?” As much as you know you are in the presence of God by the unmistakable peace you discern, you know the presence of the devil by the conspicuous sense of fear that envelops you.

We are commanded in Scripture not to fear, not to be anxious, and not to worry. God would never command us to do something that we didn’t have the ability to do. We absolutely have the ability to obey these commands.

HOW TO BATTLE THE TRIFECTA OF STRESS

- 1. Consider worry, anxiety, and fear as agents of the enemy to destroy your life and rob your joy.**

The root of fear, anxiety, and worry is an “orphan spirit.” The devil wants you to believe, like an orphan, that you are on your own, and that you have to solve your own problems. He does not want you to understand that you have the best father in the universe!

- 2. Turn every anxious and worrisome thought into a prayer that you pray until you receive peace.** **Philippians 4:6 - 7**

When you wake up in the morning, try replacing your “prayer list” with a list that says, “This is what’s bothering me.” Don’t make the list religious or even “churchy” sounding. Make it practical! What are you worried about? What’s coming against you? Hold hands with your Daddy and attack it! Put your eyes on God! You’re not an orphan. You’re the most well-fathered person in the world!

- 3. By faith, believe and confess that God is your loving dad, and He will always care for you.**

It is no accident that the “do not worry” statements in Matthew 6 are made in the context of God being our father. Our enemy does not want us to realize that we have a Heavenly Father that absolutely loves taking care of His children. God loves being Dad! He adores you. He knows every hair on your head. He knows everything you’re facing, and what He loves the most is to “father” you through every circumstance in your life!