
Three Truths to Combat the Enemy's Lies

Attacking Anxiety

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God has a plan for your life, and that plan includes levels of freedom you can't imagine. You can't see it yet, but you will.

Truth #1: God Is With You

I'm sure you've realized just how real this fight for your freedom is. If you've been applying these principles, you've probably had some victorious moments, where it felt like you've taken ground and made serious moves in your battle against anxiety and depression.

But along the way, you've probably also had some not-so-great moments. As any fighter will tell you, you're never going to leave the ring without taking a few hits. This is a book about taking the fight to the enemy. The problem is, the enemy fights back. Some days may feel amazing and full of hope, like you are taking a step forward. But other days, it may feel like you are taking two steps back.

The good news is, even when you feel like you are losing some battles, we know that God's already won the war.

So the final step to your fight for freedom from anxiety and depression is to talk about the three things you need to remember when it feels like this whole thing isn't working for you. The enemy loves to get in our heads and convince us we are losing ground, but when we can remember these truths, we can easily spot and expose the lies. Here are the three truths you need to remember:

- 1. God is with you.**
- 2. God is working.**
- 3. God has a plan.**

No matter how you are feeling right now, God is saying the same thing to you today as he did to Joshua. Even if you are at your absolute lowest point, let the God of the universe speak these words to you:

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go" (Joshua 1:9).

When God told Joshua to be strong and courageous, notice the source of the strength. God reminded Joshua that he was going with him. God would be with him every step of the way. Joshua's courage wasn't supposed to come from his own strength – it was meant to come from God's strength.

God had a purpose for him, even though Joshua couldn't fathom what that purpose was in the moment. God implored him to get up, dust himself off, and be strong and courageous.

You need to know the same thing right now, especially in the moments when you feel like you are losing ground. No matter how you feel today, you can be strong and courageous because God is going with you.

You don't need to know what is going to happen next. You don't need a full rundown of the plans. All you need to know is God is with you! He's right by your side. He'll be with you all day and all night, and when you wake up tomorrow, he'll still be right there. It doesn't matter how bad it gets – God's not going anywhere. Can you let God speak to you right now?

No matter how bad your anxiety or depression is, the God of the universe is saying: I am with you! When we know our all-powerful Father is with us and has our backs, it changes everything. It changes the way we walk. It changes the way we talk. It changes the way we feel. It changes the way we act.

When we remember God is going with us, it changes the entire game.

This should change the way you think about yourself today. This ought to change the way you talk, the way you walk, the way you act. The God of the universe is on your side!

Anxiety and depression may have picked on you your entire life. But once you know your heavenly Father has your back, suddenly this battle becomes a battle you can win. Not because you're strong enough but because your God is. And he's right there with you. You have to remember: Truth #1 – God is with you, even if you can't feel it.

Truth #2: God is working – even if you can't see it.

When it feels like everything around you is falling apart, like every situation around you is going in the wrong direction, and everything that should be right feels wrong, remember – God is at work in your life.

Not because you can see it. Not because you can feel it. Not because you understand it. But because God's Word declares it. And God's Word trumps your feelings every single day. I'm telling you, no matter how you feel, remember: God is at work in your life right now!

Truth #3: God has a plan – even if you can't understand it.

In the middle of the fight, when it feels like we are losing just as much ground as we are gaining, it can feel almost impossible to believe this final truth. But it's God's truth, so no matter how we feel at any given moment, we have to learn how to stand on it.

In his Word, God reminded us, "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future" (Jeremiah 29:11).

But let's be honest – in the middle of the storm, it's so easy to lose sight of that truth. Remember the very first verse we started this journey with in the beginning. "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery" (Galatians 5:1)

Sometimes we need to put aside our temporary feelings and stand on God's permanent truths! Just because you can't see what God is up to doesn't mean he doesn't have a plan.

**God wants you to know right now, this is not the end. Your story and your life are not over.
He has plans and a hope and a future in store for you that will absolutely blow you away.**

If you are feeling down-and-out right now – I get it. If you've suffered a few blows and don't feel like fighting anymore, I get it. If you are ready to throw in the towel – trust me, I get it.

But just because you lose a few battles doesn't mean you are going to lose this war. God isn't done with you yet, not even close. Remember, the battle is not going to be easy. We have been talking about a fight because that's literally what this is – a battle for your freedom.

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