

Pastor Morris Mureithi



PRACTICAL WAYS TO OVERCOME ANXIETY

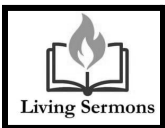
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Practical Ways to Overcome Anxiety

Pastor Morris Mureithi

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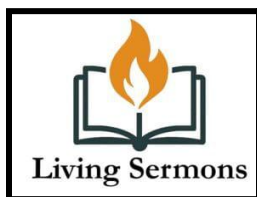
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For Kingdom impact worldwide.



Foreword

In this timely and Spirit-breathed teaching, *Pastor Morris Mureithi* brings clarity, depth, and biblical precision to a subject that touches both the young and the old, the strong and the weary. With simplicity and authority, he leads us back to the words of Christ and the life of David, unveiling not merely a message of comfort, but a practical pathway to victory.

What makes this message remarkable is its balance—it does not deny the reality of anxiety, yet it refuses to grant it dominion. Instead, it redirects the believer’s focus to eternal truths: the Father’s care, the priority of His Kingdom, and the transforming power of dwelling in His presence.

This is not a message built on human optimism, but on divine strategy.

As you journey through these pages, you will discover that overcoming anxiety is not achieved by suppressing fear, but by replacing it—with a greater vision, a deeper pursuit, and a stronger affection for God Himself. The call to *dwell*, to *gaze*, and to *seek* is not merely poetic—it is the believer’s lifeline in times of uncertainty.

It is our prayer that this message will not only inform you but transform you; that it will shift your focus from the instability of earthly concerns to the unshakable nature of God’s Kingdom; and that, in place of anxiety, you will find rest, confidence, and renewed strength in Christ.

May this teaching become, for you, not just a read—but a lived experience.

—***Wisdom Epsi, Chief Editor***

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A Spirit-Led Christian Publishing Ministry

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Publisher's Note

This book is a faithful transcript of a live sermon delivered by the preacher under the inspiration and unction of the Holy Spirit. Every effort has been made to preserve the preacher's exact words, tone, flow, and spiritual authority, while carefully proofreading and formatting the message into a clear and readable ebook format.

The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

The live sermon from which this message was transcribed can be accessed here: [Official YouTube Channel](#).

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Our commitment is excellence without dilution.

Our standard is reverence for the Word of God.

Our daily goal is to transform powerful live sermons into polished PDF and ebook editions for the edification of the Body of Christ.

It is our prayer that as you read, the same grace, conviction, clarity, and impartation present in the live service will minister to you afresh.

— *Livingsermons.com*

A Spirit-led Publishing Stewardship

Main Message

Begins Here:

Understanding Worry Through Scripture

In this teaching, we are going to talk about overcoming anxiety, worry, and depression.

How do you deal with worry?

How do you deal with anxiety?

We will look into the book of Matthew.

The Bible says:

“Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

Which of you by taking thought can add one cubit unto his stature?”

— Matthew 6:25–27 (KJV)

Jesus was telling His disciples: if you want to overcome worry, the first thing is to look at the birds.

When we look at the birds, one thing is clear: they do not worry, but they do work. They do not just sit with their mouths open expecting God to fill them.

That is one problem with many Christians—they sit and wait, expecting God to do everything.

Another thing the birds have in common is that they know what they have. They can fly. They have wings.

Your Value Before God

This leads us to the first point:

The worry many people have over material things is rooted in a low understanding of their value before God.

They do not comprehend how much God cares for them, how much He loves them.

The antidote to worry and anxiety is becoming aware of how God values you—how He loves you and takes care of you.

Replacing Worry with Kingdom Focus

The Bible says:

“Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

(For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.”

— Matthew 6:31–34 (KJV)

Jesus did not just tell them to stop worrying—He told them to replace worry with concern for the Kingdom of God.

A habit can only be broken by a greater habit. A passion can only be replaced by a greater passion.

The reason we worry is because worry has become a habit. The only way to break it is to replace it with a greater passion—concern for the Kingdom of God.

What does it mean to seek the Kingdom?

It means commitment to find and to do the will of God. That is the secret.

Putting His Kingdom first is the fulfilment of God's highest purpose for man—fellowship with Him and being part of His Kingdom.

A Different Approach to Anxiety

In many cultures, we are taught not to think about negative things—that the things we worry about may never happen.

But the Bible gives us another perspective.

David shows us a different way.

*“The LORD is my light and my salvation; whom shall I fear?
The LORD is the strength of my life; of whom shall I be afraid?
When the wicked, even mine enemies and my foes, came upon me to eat up
my flesh, they stumbled and fell.
Though an host should encamp against me, my heart shall not fear: though
war should rise against me, in this will I be confident.
One thing have I desired of the LORD, that will I seek after; that I may
dwell in the house of the LORD all the days of my life, to behold the beauty
of the LORD, and to enquire in his temple.”*

— Psalm 27:1–4 (KJV)

David actually thinks about the worst-case scenario.

He says, “Even when the wicked come against me... even when an army surrounds me...”

Why?

Because David is creating a strategy to deal with anxiety.

Developing a Strategy for Anxiety

Anxiety will come. There are moments when you will feel anxious.

A little anxiety may be normal, but when it brings you into a place of defeat, when you feel conquered, it becomes dangerous.

The Bible says:

“If thou faint in the day of adversity, thy strength is small.”

— Proverbs 24:10 (KJV)

We must have a strategy to deal with anxiety in the day of adversity.

David gives us that strategy.

The Threefold Strategy: Dwell, Gaze, Seek

1. To Dwell

“To dwell in the house of the Lord” does not refer to a physical location.

It means living in the unbroken presence of God—pursuing His face.

God is present everywhere, but relationship comes through His face. From a distance, you cannot have communion.

Just like hearing someone play the piano does not mean you know them—relationship comes when you draw near, face to face.

Many people are anxious because they only visit God’s presence—they do not dwell there.

God’s presence should not be an event; it should be a lifestyle.

We dwell through communion, through the consciousness that we are in Christ and Christ is in us.

“Abide in me, and I in you...” (John 15:4, KJV)

We dwell by allowing the Word of God to dwell in us.

2. To Gaze

Gazing means communion—knowing God, not just knowing about Him.

Your fears are directly proportional to the vulnerability of the things that bring you the greatest joy.

If God is your greatest joy, you will live without fear.

You are only safe when God is the only thing you seek after.

Anxiety is a sign of a collapsed god. It is like smoke that points to something else taking God’s place.

God gives good things—relationships, ministry, family, business. But when good things become the ultimate thing, they stop being gifts and become idols.

And when those things are threatened, anxiety is inevitable.

3. To Seek

Seeking means learning God’s ways—getting direction from Him.

Every kingdom has a king, and kings are defined by their will, their rules, and their authority.

To seek the Kingdom is to know the King’s will and live by it.

When you know the King’s desire, you secure His favour.

When Good Things Become Ultimate Things

Many people seek what God gives more than God Himself.

You may say, “Unless I have this, I cannot be happy.”

That is where anxiety hides.

Anything outside God is subject to change. Only God is unchanging.

When your heart is set on something that can be taken away, you will always live in fear.

David said:

“When my father and my mother forsake me, then the LORD will take me up.”

— Psalm 27:10 (KJV)

Even the love of parents, though good, is not ultimate.

When good things become the one thing, the result is always anxiety.

Tracing the Root of Anxiety

Sometimes anxiety can reveal what controls your heart.

If money is your god, you will be anxious about finances.

If relationships are your god, you will be anxious when they are threatened.

So it is important to ask:

What is enslaving me—consciously or unconsciously?

Seeking God with the Right Motive

The Bible says:

“And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things:

But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.”

— Luke 10:41–42 (KJV)

Martha was worried because she was trying to do many things for Jesus.

Mary chose one thing—to sit at His feet and listen.

If you are frustrated because God is not sending help, it may be that your motive is not right.

God wants you at His feet. He wants you to know Him.

And He knows when to send help—you will not miss it.

Three Roots of Anxiety

If you are going through anxiety, worry, or depression, you can trace it to three things:

1. You do not understand your value before God.
2. You have made other things your ultimate desire.
3. You are not concerned about the Kingdom of God.

To be concerned about the Kingdom is to dwell, to gaze, and to seek His ways.

Closing Prayer

Father, I pray for everyone who is going through anxiety, worry, and depression.

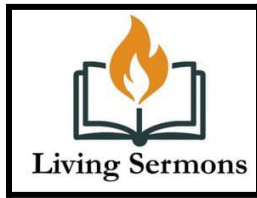
I ask that You strengthen them.

Help them to experience Your goodness, Your mercies, and Your faithfulness in this moment.

Give them confidence that You will send them help.

Let worry and anxiety not find space or expression in their lives.

In the name of Jesus Christ, we pray. Amen.



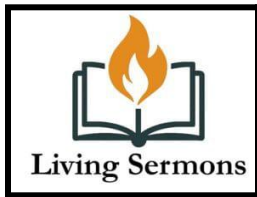
About the Speaker

Pastor Morris Mureithi is a teacher of God’s Word with a distinct emphasis on inner transformation, spiritual authenticity, and a life fully yielded to the leadership of the Holy Spirit. His ministry is marked by clarity, depth, and a sincere pursuit of truth—calling believers beyond surface-level Christianity into a genuine, experiential walk with Christ.

With a teaching style that is both thoughtful and piercing, Pastor Morris addresses the often-overlooked realities of the Christian life, particularly the tension between the flesh and the Spirit. His messages are not merely informational; they are deeply introspective, designed to awaken conviction, stir hunger for God, and lead listeners into lasting transformation.

He carries a burden to see believers grounded in truth, free from performance-driven spirituality, and anchored in the revelation of Christ’s worth. Through his teachings, many are challenged to move past routine and into real encounters with God—where true change takes place.

Pastor Morris Mureithi continues to minister with a focus on raising believers who are spiritually discerning, inwardly aligned with God’s purposes, and committed to a life of daily surrender.



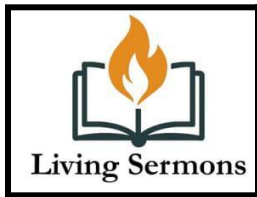
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Living Sermons is a Spirit-led publishing platform dedicated to transforming timeless messages of God’s servants into books that can reach and impact lives across the world. Our mission is simple: to preserve the wisdom, revelation, and anointing carried in the preached Word and make it accessible in formats that can be studied, shared, and revisited for generations. By turning sermons into high-quality Christian books and eBooks, we extend the life and influence of each message far beyond the pulpit.

At Living Sermons, we believe that the preached Word is living and powerful (Hebrews 4:12). Every sermon carries truth that can instruct, comfort, rebuke, inspire, and transform. Our role is to faithfully capture these words, polish them for clarity and readability, and present them in a way that maintains the preacher’s unique voice and anointing.

Through our work, messages that might otherwise be heard once are preserved as lasting resources for teaching, devotion, discipleship, and evangelism. These books are designed not just for reading but for equipping believers, strengthening families, and advancing the Kingdom of God.

Living Sermons—*the preached Word in lasting form.*



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