Series: "THE STRUGGLE IS REAL"
Part 4: "WHEN ANXIETY ATTACKS"
Crossroads Community Church
May 16, 2021

50 But I have a baptism to undergo, and how distressed I am until it is accomplished! Luke 12:50 (NASB)

32 They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." 33 He took Peter, James, and John along with him, and he began to be deeply distressed and troubled. 34 "My soul is overwhelmed with sorrow to the point of death," he said to them. Mark 14:32-34a (NIV)

When the struggle is real….

1. **Talk to your _____**

34 "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch."
Mark 14:34 (NIV)

35 Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. 36 "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will." Mark 14:35-36 (NIV)

2. **Talk to your _____**

37 Then he returned to his disciples and found them sleeping. "Simon," he said to Peter, "are you asleep? Couldn't you keep watch for one hour? 38 Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." 39 Once more he went away and prayed the same thing. 40 When he came back, he again found them sleeping, because their eyes were heavy. They did not know what to say to him. 41 Returning the third time, he said to them, "Are you still sleeping and resting?
Mark 14:37-41a (NIV)

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:6 (NIV)

36 "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."
Mark 14:36 (NIV)

3. **Talk to your _____**

41 Returning the third time, he said to them, "Are you still sleeping and resting? Enough! The hour has come. Look, the Son of Man is delivered into the hands of sinners. 42 Rise! Let us go! Here comes my betrayer!" Mark 14:41-42 (NIV)

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Notes:

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- Additional resources: See Craig Groeschel's sermon "Finding Relief from Anxiety" – August 23, 2020