



## Message Notes

March 31, 2019

**SERMON: ANXIETY KILLERS**  
**SPEAKER: GREG HALES**



**Phil. 4:6-9**

**As Christ-followers, we are COMMANDED to NOT WORRY.**

*BIGGEST killer of JOY is the TAUNTING TRIFECTA of Anxiety, Worry and Fear*

**See what Jesus says about worry in these verses: Matt. 6:25, 27, 28, 31, 34**

**Etymology** of the word "**Worry**" = "to strangle"

**The biggest problem with our Anxiety, Fear, and Worry is that it reveals our LACK of TRUST in God and His Word.**

**Worry is an INSIDE JOB.**

*Worry is the act on my part to take over God's part.*

**THE ANXIETY KILLERS** (Phil. 4:6)

**Prayer – Supplication – Thanksgiving – then PEACE COMES**

*When we refuse to go the Way of Worry, God leads us on the Path of Peace (vs.7)*

**The Peace of God is the Antidote to Anxiety**

*Rather than run away and hide, God wants us to run to Him and abide.*

"Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all others thoughts are drained."

### **Discussion Questions:**

- Describe the differences between healthy fear and unhealthy fear.
- Have there been times in your life when fear, worry, or anxiety was smothering you? Share with group if willing
- Explain why God commands us to NOT worry, fear, or be anxious
- Discuss how verse 7 explains the way to KILL ANXIETY
- Explain the importance of the peace of God as our guard.