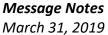


SERMON: ANXIETY KILLERS SPEAKER: GREG HALES

Phil. 4:6-9





As Christ-follow	ers, we are	COMMAN	DED to NOT _	WORRY	•
BIGGEST killer of JOY is the TAUNTING TRIFECTA of Anxiety, Worry and Fear					
See what Jesus	says abou	t worry in t	hese verses: I	Matt. 6:25, 27, 28	, 31, 34
Etymology of the word "Worry" = "to strangle"					
		•	•	orry is that it rev	eals our
LACK	of	TRUST	in God	l and His Word.	
Worry is an	INSIDE		JOB		

## 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

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

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:**

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