



No Fear Week 4

April 26, 2026

Fill in your own notes here;

Psalm 91:1-2 NLT Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord: He alone is my refuge, my place of safety; he is my God, and I trust him.

IF ANXIETY AND FEAR GOT YOU THIS MORNING...IF YOU NEED SHELTER!

Philippians 4:6-7 NLT Don't worry about anything; instead, pray about everything.

Philippians 4:6-7 NLT Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds...

ANXIETY GETS IN YOUR HEAD! I FEEL WEAK!

Matthew 26:36 NLT Jesus went with them to Gethsemane... "Sit here while I go over there to pray."

TOOK SOME FRIENDS WITH HIM...DON'T TRY TO HANDLE IT BY YOURSELF!

Matthew 26:37-38 (NLT) He took Peter, James and John, and he became anguished and distressed. He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me."

HAVE YOU EVER FELT CRUSHED BY ANXIETY?

ANXIETY IS A SIGNAL ALERTING YOU THAT IT'S TIME TO PRAY!

Philippians 4:6 NLT Don't worry about anything; instead, pray about everything

BIG ENOUGH TO WORRY ABOUT, BIG ENOUGH TO PRAY ABOUT!

Matthew 26:39 (NLT) Jesus bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine."

I DON'T LIKE IT...SO I AM ASKING FOR A WAY OUT...BUT NO MATTER WHAT... I TRUST YOU!

Philippians 4:6 NLT Tell God what you need...

GOD IS A LOVING CARING FATHER!

1 Peter 5:6-7 (GW/NLT) So humble yourselves under the mighty power of God, and at the right time he will lift you... Turn all your anxiety over to God because he cares for you.

FINISH THE SAYING... YOU HAVE NOT... BECAUSE

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James 4:2 (LB) The reason you don't have what you want is that you don't ask God for it.

James 4:3 (LB) And even when you do ask you don't get it because your whole aim is wrong—you want only what will give you pleasure.

WE WANT TO CONTROL...AND DON'T HAVE IT; ANXIETY SETS IN!

REMEMBER: ANXIETY IS YOUR SIGNAL TO PRAY!

1 Peter 5:7 (NIV) Cast all your anxiety on him because he cares for you.

“CAST” MEANS THROW IT, RELEASE IT...SURRENDER!

OUR PROBLEM IS: WE GIVE IT TO GOD...THEN TAKE IT BACK!

WE ARE ALL GUILTY...BUT REMEMBER THIS: WE DON'T ALWAYS HAVE POWER TO CONTROL, BUT WE ALWAYS HAVE POWER TO SURRENDER!