



## Chill Week 4

August 2, 2026

Fill in your notes here:

NO MATTER HOW COOL PEOPLE APPEAR ON THE OUTSIDE... EVERYBODY WORRIES ABOUT SOMETHING!

LET'S LOOK AT THE BIG 3: MONEY AND THE FUTURE, RELATIONSHIPS AND HEALTH

Phil. 4:6 (TLB) "Don't worry about anything..."

COME ON! REALLY! HOW IS THAT POSSIBLE? WELL, LET'S TALK ABOUT IT!

CAUSES AND CURES; WHAT CAUSES ANXIETY?

Matthew 8:23-24 LB Then he got into a boat and started across the lake with his disciples. Suddenly a terrible storm came up, with waves higher than the boat. But Jesus was asleep.

WE FEEL ALONE AND JESUS IS ASLEEP! WHERE ARE YOU GOD?

ALL OF THAT IS TRUE! I KNOW THE CAUSES...BUT WHAT'S THE CURE?

I'M NOT AN EXPERT...I STRUGGLE JUST LIKE YOU! BUT HERE'S WHAT I'M LEARNING!

Matthew 8:25-27 GNT The disciples went to him and woke him up. "Save us, Lord!" they said. "We are about to die!" "Why are you so frightened?" Jesus answered. "What little faith you have!" Then he got up and ordered the winds and the waves to stop, and there was a great calm. Everyone was amazed. "What kind of man is this?" they said. "Even the winds and the waves obey him!"

IF YOU WANT TO REDUCE WORRY... ASK FOR HELP! THEY WENT TO JESUS!

Philippians 4:6 NLT Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

BE GRATEFUL FOR WHAT HE'S DONE; GRATITUDE REDUCES WORRY!

Psalms 105:5 ERV Remember the amazing things he has done.

FACE YOUR FEARS!

FEAR IS ALWAYS SOURCED WITHIN! WE FIND A REASON TO VALIDATE OUR FEAR!

Joshua 1:9 NCV Remember that I commanded you to be strong and brave. Don't be afraid, because the Lord your God will be with you everywhere you go."

GOD KNOWS THIS: COURAGE ELEVATES YOUR LIFE! ANXIETY/FEAR ISOLATE!

Genesis 3:10 NCV The man answered, "I heard you walking in the garden, and I was afraid... so I hid."

GOD CAME LOOKING FOR THEM...EVEN AFTER THEY FAILED! LOVE PURSUES US!  
BUT FEAR AND ANXIETY CAUSED THEM TO WITHDRAW AND HIDE!  
DON'T RUN...DON'T HIDE! GOD NEEDS YOU! COMMANDING COURAGE!

TRUST HIM! GOD REALLY IS IN CONTROL!

1 Chronicles 29:11 LB Yours is the mighty power and glory and victory and majesty.  
Everything in the heavens and earth is yours, O Lord, and this is your kingdom. We adore  
you as being in control of everything.

IT TAKES FAITH I KNOW...THAT'S WHY JESUS ASKED THEM... WHY SO LITTLE  
FAITH? DO YOU NOT TRUST ME?

Matthew 6:34 LB "So don't be anxious about tomorrow. God will take care of your tomorrow  
too. Live one day at a time.

LAST BIT OF ADVICE...CHILL AND TRUST HIM!

1 Peter 5:7 GW Turn all your anxiety over to God because he cares for you.

HOW DOES GOD DO IT? THROUGH PEOPLE!