



ALL-IN: 60 Days in the New Testament
Part 3 – The Challenge of Anxiety
Mark Rouse - October 29, 2017

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls.” - Matthew 11:28-29

When we arrived in Macedonia there was no rest for us. Outside there was conflict from every direction, and inside there was fear.
- 2 Corinthians 7:5

REST FOR MY SOUL

✓ **R E M E M B E R God’s faithfulness in my past.**

Always be full of joy in the Lord. I say it again—rejoice! ⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. ⁶ Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. – Philippians 4:4-6

✓ **E X P E R I E N C E God’s peace.**

Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. – Philippians 4:7

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. - John 14:27

✓ **S T I C K to right T H I N K I N G and right L I V I N G.**

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. – Philippians 4:8

Keep putting into practice all you learned and received from me — everything you heard from me and saw me doing. Then the God of peace will be with you. – Philippians 4:9

✓ **T U R N my worry into W O R S H I P.**

We are hard pressed on every side, but not crushed; perplexed, but not in despair; ⁹ persecuted, but not abandoned; struck down, but not destroyed... ¹⁶ Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.
- 2 Corinthians 4:8-9, 16

Jesus: “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” – John 16:33