

Sermon Notes

April 27, 2025

Brave #1 – Anxious For Nothing

Philippians 4:4-9

Mark 4:35-41

1. What are you afraid of?
2. Our response to fear:
 - a. We are overwhelmed.
 - b. We build fortresses.
 - c. We withdraw.
 - d. We yell at each other.
3. Philippians 4:6-7 – Key verse of the series:
 - a. “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”
4. Our fears are overwhelmed by peace – Mark 4:35-41
5. Where can we find our brave?
 - a. **Breathe** – John 20:21-22 – breathing arrests the panic.
 - b. **Remember** – Hebrews 10:32-35 – remembering brings confidence.
 - c. **Ask** – Matthew 11:28-30 – Ask brings help in times of trouble.
 - d. **Visualize** – Matthew 9:28-29 – Visualization brings trust in God.
 - e. **Elevate** (your perspective) – Romans 8:31-32, 37-39 – Elevate means we are more than conquerors.