

Sermon Notes

Big Idea: Do you ever feel like you might pop under pressure? Are you wearied by the weight of worry? Does doubt debilitate you? In some way, we are probably all familiar with those fears. Good news, the Bible gives us directions to dealing with the emotional troubles that entangle us. Trusting God's character and experiencing His Presence are the lifeline for each of us who finds ourselves... so anxious.

Anxiety: a feeling of worry, nervousness, fear, or unease, typically about an imminent event (both real or perceived) or something with an uncertain outcome.

When what is undesirable feels unavoidable

Peace isn't the absence of problems, it's the Presence of God.

Why We Worry:

- Conditioning
- Concealing
- Controlling

What Anxiety Does:

- Debilitates
- Stagnates
- Isolates

Isaiah 41:10 (ESV)

How to Fear Not:

1) Stop Ruling the World

- God is Right | God is Good | God is God

2) Start Taking the Test

James 1:2-4 (NLT)

3) Seek God's Presence

Psalms 16:7-8 (ESV)

Discussion Questions

- 1) What impacted you the most from this week's message? Encouraged you? Challenged you?
- 2) Looking at the three reasons that we worry, which one most resonates with you and why?
- 3) Looking at the three ways fear affects us, which one most resonates with you and why?
- 4) How do you typically struggle with trying to "Rule the World?" Do you ever resist the truth that God is right, or that He is good, or that He is God?
- 5) Read James 1:2-4. Have you ever 'skipped' the test of adversity or fear? Are you now?
- 6) Read Psalm 16:7-8. What's it look like for you to Seek God's Presence? How can you practice *keeping the Lord always before you*?