

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.

Psalm 42:1-11; 43:1-5 (ESV)

When You Feel Anxious:

- **Name Your Fears**
- **Claim Your Fears (and tears)**
- **Tame Your Fears**

1 Peter 5:7 (NLT) Give all your worries and cares to God, for he cares about you.

Discussion Questions

- 1) What impacted you the most from this week's message? Encouraged you? Challenged you?
- 2) Read Psalm 42 and 43. What is your normal response to anxious emotions? Do you suppress and ignore, or overly express and follow? Explain.
- 3) How well are you able to name your fears? What are current anxieties that you have now? Naming them is the first step to taming them.
- 4) Do you have a process to claim your fears (and your tears)? If you've never journaled your feelings and then turned them into prayers, do you think that could help?
- 5) Read 1 Peter 5:7. How well do you give your worries and cares to God? Have you experienced the peace that comes in His Presence as you *remind your soul who's in control*?