

Making Changes

Romans 12:1–2 (NASB95)

1 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.

2 And do not be **conformed** to this world, but be **transformed** by the **renewing of your mind**, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Conform = Sushchematizo = Fashion alike

Transform = Metamorphoo = Transform; change

John 8:31–32 (NASB95)

31 So Jesus was saying to those Jews who had believed Him, "If you continue in My word, then you are truly **disciples** of Mine;

32 and you will know the truth, and the **truth will make you free.**"

Fear - A negative emotion caused by a real or perceived threat to our wellbeing.

(Pandemic to Passing Away)

Anxiety - To be uneasy and nervous about an event, person or problem I cannot control.

(Cowboys to Company Layoffs)

Worry - To mentally dwell on difficulty or trouble; chronic concern.

(Weather to Wedding)

Philippians 4:6–7 (NASB95)

6 Be **anxious for nothing**, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

7 And the **peace of God**, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Truths About Worry and Anxiety

1. **They aren't normal and inevitable. They aren't harmless or helpful.**
2. **They distract me from God and the special people in my life.**
3. **They rob my joy and the happiness of my life.**
4. **They exist because I allow them to exist!**

How to Overcome Worry and Anxiety

1. **They are the tools of the enemy to destroy your life and rob your joy.**
2. **Decide not to be anxious ever again.**

Philippians 4:6 (NASB95)

6 Be anxious for nothing,...

3. **Turn your worry list into your prayer list.**

Philippians 4:6 (NASB95)

6 Be anxious for nothing, but in everything by **prayer** and **supplication** with **thanksgiving** let your **requests** be **made known to God**.

4. **By faith, believe and confess that God is your loving Dad and He will always care for you.**

Philippians 4: 7 (NASB95)

7 And the **peace of God**, which surpasses all comprehension, will **guard** your hearts and your minds in Christ Jesus.

1 Peter 5:7–9 (NASB95)

7 casting all your anxiety on Him, because **He cares for you**.

8 Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.

9 But **resist him**, firm in your **faith**, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world.

Matthew 6:31–34 (NASB95)

31 "Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?'

32 "For the Gentiles eagerly seek all these things; for **your heavenly Father knows that you need** all these things.

33 "But seek first His kingdom and His righteousness, and all these things will be added to you.

34 "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

Focus on God

Consider worry and anxiety to be your mortal enemies

Do not let them dwell in your midst

Enjoy life (family and friends)

Trust God