

May 31st, 2026
Fear Factor - Week 3

Real fears/worries rarely come to pass, and yet they hold a powerful grip on us!

The Book of Philippians is written by the apostle Paul, and one of his top goals in life was to go to Rome to preach the gospel.

Paul did make it to Rome! The problem was he didn't make it there as a PREACHER, instead, he made it there as a PRISONER!

Philippians 4:4-6 NIV

Today I not only want to re-emphasize the Power of Praise, but I also want to introduce how to "Pray Through the Pain."

Oftentimes, the biggest battles that we're going through are battles that other people just don't see. Battles in our own minds.

Question: What is Anxiety?

In the same way, Anxiety is the SIGNAL alerting you that it's time to Pray.

In other words, if it's big enough to worry about, it's big enough to pray about. If it's on your mind, it's on God's heart.

Question: How do you pray?

You talk to God in your way.

1 Peter 5:6-7 NIV

What do lifted hands symbolize? They symbolize Victory and or they symbolize Surrender. In this case, I believe that they will symbolize both at the same time.

The Cycle of Anxiety

We need to break the cycle. How? We recognize the truth that you don't always have the power to control, but you always have the power to surrender.