

THE ROAD LESS TRAVELED

(Godly Wisdom – Our Compass at the Crossroads of Life)

Part 17 – Eliminating Stress and Anxiety

Pastor John Raymond

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1. Stress and anxiety are _____.

Psalms 94:19 (NIV), “When anxiety was great within me, your consolation brought me joy.”

Proverbs 12:25 (NIV), “Anxiety weighs down the heart, but a kind word cheers it up.”

Psalms 139:23-24 (NIV), “Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.”

2 Timothy 1:7 (NKJV), “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

2. Don't adopt the world's _____.

Ecclesiastes 4:6 (TEV), “It's better to only have a little with peace of mind, than to be busy all the time with both hands, trying to catch the wind.”

Job 22:21 (NLT), “Submit to God, and you will have peace; then things will go well for you.”

Philippians 4:19 (NIV), “And my God will meet all your needs according to his glorious riches in Christ Jesus.”

Psalms 55:22 (NIV), “Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.”

3. Trusting God eliminates _____.

Psalms 56:3-4 (NLT), “But when I am afraid, I will put my trust in you. I praise God for what he has promised. I trust in God, so why should I be afraid? What can mere mortals do to me?”

Psalms 112:7-8 (NLT), “They do not fear bad news; they confidently trust the Lord to care for them. They are confident and fearless and can face their foes triumphantly.”

John 14:27 (NLT), “I am leaving you with a gift, peace of mind and heart. And the peace I give is a gift the world cannot give. So, don't be troubled or afraid.”

4. _____ eliminates stress and anxiety.

1 Thessalonians 5:17-18 (NLT), “Never stop praying. 18) Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.”

Philippians 4:6 (NLT), “Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done.”

Philippians 4:7 (NLT), “Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

Colossians 3:15 (NLT), “And let the peace that comes from Christ rule in your hearts. For as members of one body, you are called to live in peace and always be thankful.”

5. Trust in God's _____ and _____.

Jeremiah 29:11 (NIV), “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Romans 8:28 (NLT), “And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.”

1 Peter 5:6-7 (NLT), “⁶ So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. ⁷ Give all your worries and anxiety to God, for he cares about you.”
