



MESSAGE NOTES

PRACTICAL TEACHING FOR EVERYDAY LIVING

Title: **Anxiety: Calming the Heart**
Series: **The Struggle is Real**
Text: **Gen.3:7-8; Matt. 6:25-34; Phil. 4:4-9**
Speaker: **Kevin T. Hardy** Date: **May 3, 2026**

More than _____ times the Bible tells us, in some form, “Do not fear.”

David cried, *Why are you downcast, O my soul? Why so disturbed within me?* (Ps 42:5).

Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, 4 while he himself went a day’s journey into the desert. He came to a broom tree, **sat down under it and prayed that he might die.** “I have had enough, LORD,” he said. **“Take my life; I am no better than my ancestors.”** 5 Then he lay down under the tree and fell asleep. (1 Ki 19:3–5).

Paul said, “I came to you **in weakness and fear**, and with **much trembling.**” (1 Co 2:3).

- _____ operates across multiple registers—**as an emotion related to fear and worry**, as **a physiological response** involving **heightened nervous system** activity, and as an existential condition shaping human relationships with the world and God.
- The most straightforward distinction lies in how it differs from fear: while fear responds to identifiable danger, **anxiety emerges in response to unidentified or anticipated threats.**

1. THE BIRTH OF _____ : THE GARDEN OF EDEN

- *Then the eyes of both of them were opened, and they realized they were naked; so **they sewed fig leaves together and made coverings for themselves.***
- *Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and **they hid from the LORD God among the trees of the garden.*** (Ge 3:7–8).
- *If only you had paid attention to my commands, **your peace would have been like a river**, your righteousness like the waves of the sea.* (Is 48:18).

2. _____ THE FATHER'S CARE: THE HILLSIDE OF GALILEE

- Therefore I tell you, ***do not worry about your life***, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. **Are you not much more valuable than they?** (Mt 6:25–26).

- **WORRY IS A NEEDLESS _____ OF ENERGY!**

- Who of you by worrying can add a single hour to his life? . . . So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and **your heavenly Father knows that you need them.** (Mt 6:27,31–32).

- **ANXIETY QUIETLY _____ ONE OR TWO THINGS.** Either God **CANNOT** help you or He is not **ABLE** to help you.

- But **seek first his kingdom and his righteousness**, and all these things will be given to you as well. (Mt 6:34).

- **ANXIETY ALWAYS TAKES _____ THINGS AND MAKES THEM _____.**

- Therefore **do not worry about tomorrow**, for tomorrow will worry about itself. Each day has enough trouble of its own. (Matt. 6:34)

- **LIVE _____ DAY AT A TIME.**

3. PAUL'S _____ : PRISON CELL IN ROME

- Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Php 4:4–7).

- _____ IN THE LORD ALWAYS

- _____ ABOUT EVERYTHING WITH THANKSGIVING

- _____ THE PEACE THAT GUARDS YOUR HEART AND MINDS

- _____ YOUR MIND

- Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things**. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And **the God of peace will be with you.** (Php 4:8–9).