



**LET'S
TALK
ABOUT
IT**

C

1 Lighting Cue! LIGHTING CUE

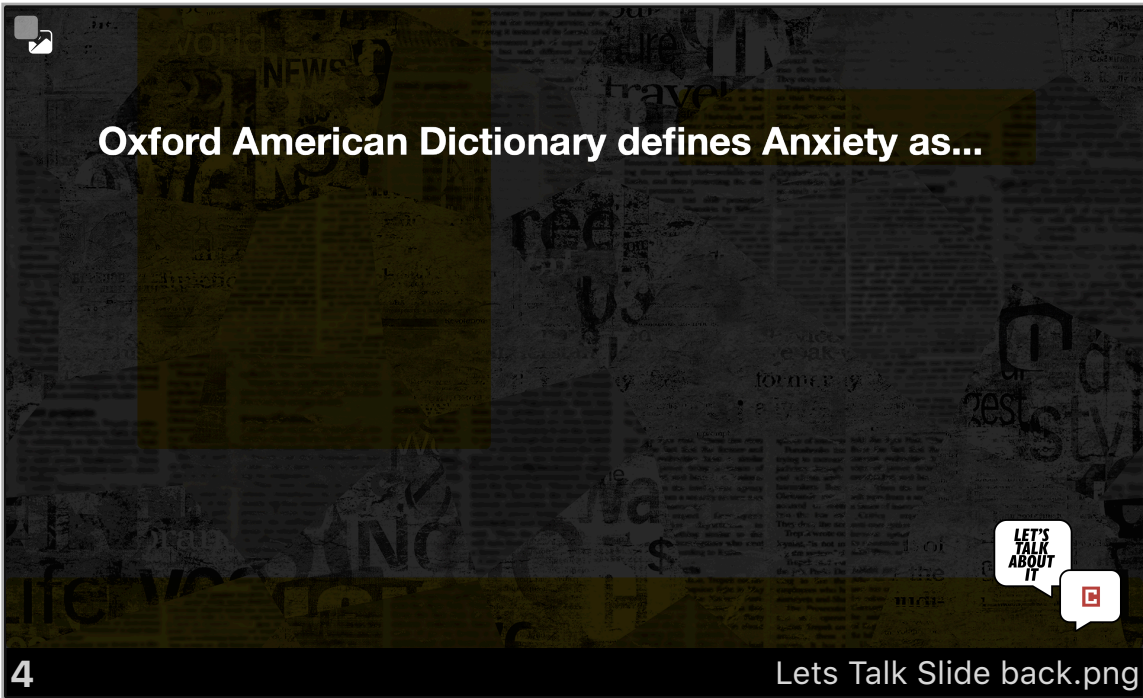


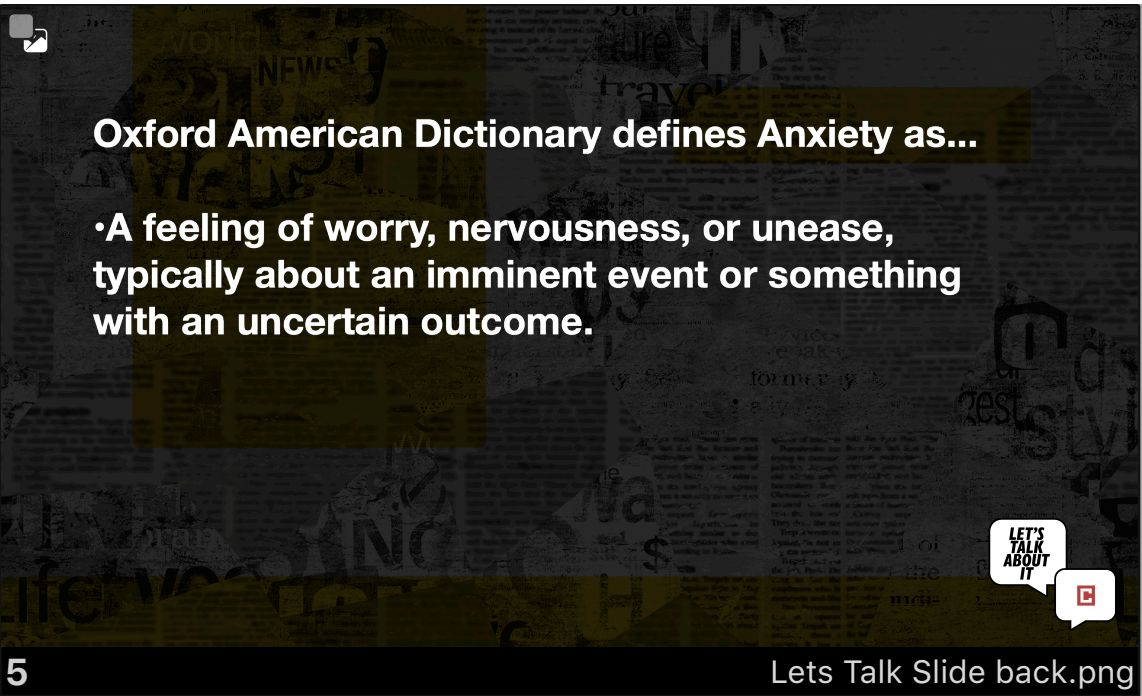
**Philippians 4
page 982**

**LET'S
TALK
ABOUT
IT**

C

2 Group Lets Talk Slide back.png





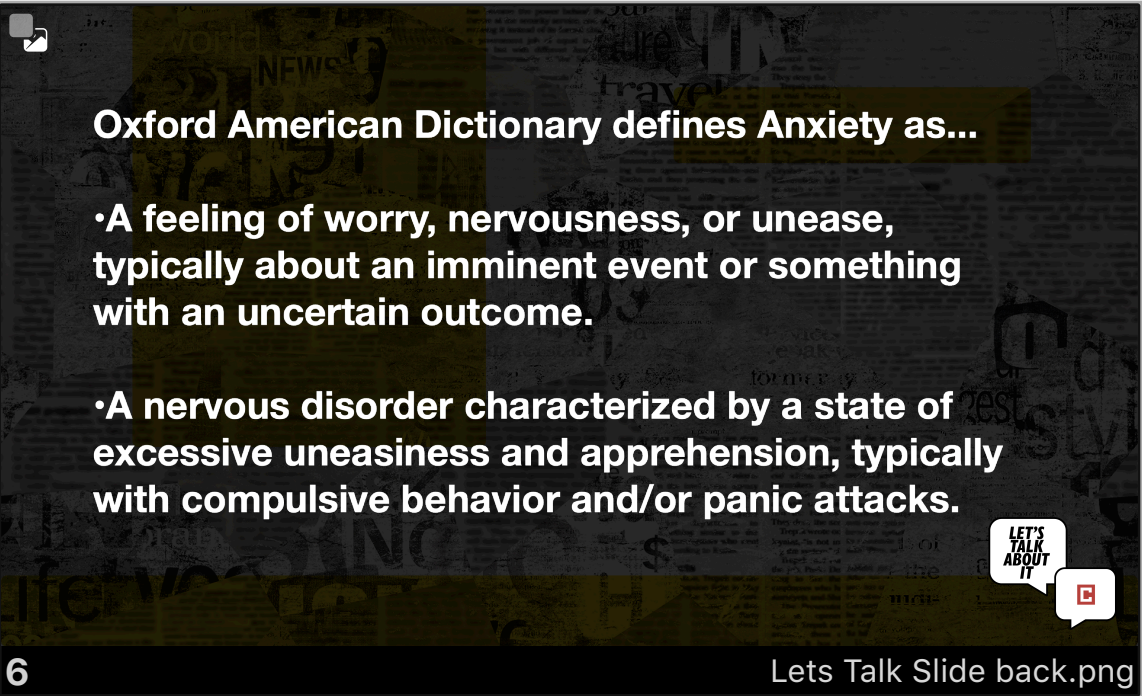
Oxford American Dictionary defines Anxiety as...

- A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

5

Lets Talk Slide back.png

LET'S TALK ABOUT IT



Oxford American Dictionary defines Anxiety as...

- A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.
- A nervous disorder characterized by a state of excessive uneasiness and apprehension, typically with compulsive behavior and/or panic attacks.

6

Lets Talk Slide back.png

LET'S TALK ABOUT IT

Human Beings get anxious.

7

**Human Beings get anxious.
Everyone gets anxious.**

8

Anxiety is when fear takes over our thoughts

9

Anxiety is an internal storm of the mind

10



11

Christ in the Storm.png



12

Philippians 4:8-9

³⁸But he was in the stern, asleep on the cushion. And they woke him and said to him, “Teacher, do you not care that we are perishing?” ³⁹And he awoke and rebuked the wind and said to the sea, “Peace! Be still!” And the wind ceased, and there was a great calm.



13

Mark 4:38-41

⁴⁰He said to them, “Why are you so afraid? Have you still no faith?” ⁴¹And they were filled with great fear and said to one another, “Who then is this, that even the wind and the sea obey him?”

Mark 4:38-41

14

Mark 4:38-41

Calm in the Storm

15

CENTERED LIFE

16

CENTERED LIFE

Calm presence

17

CENTERED LIFE

Calm presence

Connected, not enmeshed

18

CENTERED LIFE

**Calm presence
Connected, not enmeshed
Courageous in your convictions**

19

**¹⁶But he would withdraw to desolate
places and pray.**

Luke 5:16

20

Luke 5:16

⁴Rejoice in the Lord always; again I will say, rejoice. ⁵Let your reasonableness be known to everyone. The Lord is at hand; ⁶do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

21

Philippians 4:4-7

⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence,

22

Philippians 4:4-7

if there is anything worthy of praise, think about these things. ⁹What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Philippians 4:4-9

23

Philippians 4:8-9

**PRAYER = Casting cares, making requests,
and giving thanks**

24

**²²Cast your burden on the LORD,
and he will sustain you;
he will never permit
the righteous to be moved.**

Psalms 55:22

25

Psalms 55:22

**⁷casting all your anxieties on him,
because he cares for you.**

1 Peter 5:7

26

1 Peter 5:7

“Where was it that Jesus sweat great drops of blood? Not in Pilate’s hall, nor on His way to Golgotha (the cross). It was in the garden of Gethsemane. There He ‘offered up prayers and petitions with loud cries and tears to the One who could save Him from death’ (Hebrews 5:7). Had I been there and witnessed that struggle, I would have worried about the future...”

27

“...‘If He is so broken up when all He is doing is praying,’ I might have said, ‘What will He do when He faces a real crisis? Why can’t He approach this ordeal with the calm confidence of His three sleeping friends?’ Yet, when the test came, Jesus walked to the cross with courage, and His three friends fell apart and fell away.”

Haddon Robinson

28

Gratitude = “with thanksgiving”

29

²Bless the LORD, O my soul, and forget not all his benefits, ³who forgives all your iniquity, who heals all your diseases, ⁴who redeems your life from the pit, who crowns you with steadfast love and mercy, ⁵who satisfies you with good so that your youth is renewed like the eagle's.

Psalms 103:2-5

30

Psalms 103:2-5

**MEDIATATION – Setting our minds on the
good, beautiful, and true**

31

**⁸Finally, brothers, whatever is true,
whatever is honorable, whatever is just,
whatever is pure, whatever is lovely,
whatever is commendable, if there is any
excellence, if there is anything worthy of
praise, think about these things.**

Philippians 4:8

32

Philippians 4:8

PRACTICE – Live out what you believe

33

⁹What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Philippians 4:9

34

Philippians 4:9

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

35

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

⁹the God of peace will be with you

36

