

Anxiety (def.) — an overt emotional response to a perceived and future threat

- Luke 22:44
- Proverbs 3:6; 9:10

I. What does it mean to trust in the Lord?

- Proverbs 3:5-6
- Exodus 3:15

II. How do we trust in the Lord?

- A. Remember God's word [1]
- B. Reflect God's character [3]
- C. Renounce self-reliance [5,7]
 - Proverbs 3:6
- D. Reciprocate God's blessings [9]
- E. Receive God's discipline [11]

III. What are the benefits of trusting in the Lord?

- A. Present peace — *"peace they will add"* [2]
 - Philippians 4:7
- B. Relational favor — *"you will find favor"* [4]
- C. Divine guidance — *"make straight your paths"* [6]
- D. Physical sustenance — *"healing... filled with plenty"* [8,10]
- E. Fatherly reassurance — *"the son in whom he delights"* [12]
 - Hebrews 12:11