

Encounter Church
Sunday January 25, 2026

Lighten the Load
Unload Anxious Fear

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

Today we’re talking about “Fear that Loses Control.”

Proverbs 12:25- “Anxious fear brings depression, but a life-giving word of encouragement can do wonders to restore joy to the heart.”

Not just fear but ANXIOUS FEAR! It’s an extreme uneasiness of mind or brooding!

What does “FEAR THAT LOSES CONTROL” look like?

Burst of Anger. To suddenly start weeping. To talk in a loud and aggressive way. Break down mentally.

To blow up. Go berserk. Lose it. Get carried away. Hit the roof. Go off the deep end. See red. Fly off the handle.

Have a fit. Blow a gasket. Blow a fuse. Go through the roof. Explode. Lose your temper!

FEAR THAT LOSES CONTROL. ANXIOUS FEAR

1. Are you rattled when things don’t go as you expected?
2. Do you often worry about things beyond your control?
3. Do you lose sleep over pressing issues?
4. Is it hard to “turn off” your mind?
5. Does the unknown intimidate you?
6. Do you often imagine the worst-case scenario?

This is anxious fear in action!

HERE’S A GREAT SCRIPTURE

Philippians 4:6-7- “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

HOW CAN I HAVE PEACE IN MY LIFE?

1. Take Your Mind Off The “What If’s” Of Fear

Luke 21:14- “So don’t worry in advance about how to answer the charges against you,”

WORRY NEVER CHANGES ANYTHING FOR GOOD

Matthew 6:27- “Can all your worries add a single moment to your life?”

Satan’s tool of fear is meant to deter you from God’s best!

FOCUS ON THE ABSOLUTE’S INSTEAD OF THE ‘WHAT IF’S’!

Romans 8:37-39- “No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.”

HOW CAN PEACE BE ACTIVATED IN MY LIFE INSTEAD OF FEARING THE “WHAT IF’S”!

2. Put Your Mind on the Promises of Faith

Isaiah 26:3- You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!”

“The beginning of anxiety is the end of faith and the beginning of true faith is the end of anxiety.” George Mueller

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| 1. Faith Brings peace. | 2. Worry brings turmoil. |
| 3. Faith Draws you closer to God | 4. Worry takes you from God |
| 5. Faith changes things. | 6. Worry changes nothing. |

CONCLUSION: GIVE YOUR CARES TO GOD AND DON'T TAKE THEM BACK!

1 Peter 5:7- "Give all your worries and cares to God, for he cares about you."

Please tell me, is there anyone else in your life that is willing to say "give me your worries?"
JESUS SAYS, "GIVE ME ALL YOUR CARES!"