



The Surprising Command

Matt Sturdevant
Lead Pastor
September 7, 2025

Anxiety is on the _____, but not a _____ problem

We live in the midst of an increasingly “_____ generation.” WHY???

• _____ & _____

• _____

Job 14:1; John 16:33b

• Unbelief (_____)

Matthew 9:36-37

• Increased _____

2 Timothy 3:1-5

Anxiety defined:

Anxiety, at its core, is a _____ problem... a **divided mind** and **restless heart** weighed down by fear or worry, instead of trusting God’s care and provision

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. 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, 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 ESV

The surprising command

Philippians 1:12-13, 4:4; 1 Thessalonians 5:16; Isaiah 41:10; Nehemiah 8:10; Psalm 1:1-3, 28:7

• “_____”

• “In the _____”

• “_____”

• “_____ I will say, rejoice”



Online Notes

Follow us for encouragement during the week --->



@hopechurchfw



HopeCFW

KEEP
READING
➔

The great encouragement

Philippians 4:5b; Joshua 1:9; Psalm 145:15; Proverbs 3:5-6; Matthew 28:20

- “The _____ is at _____”

The simple solution

- Fully _____ to Jesus Christ
 - Through Jesus, we find real, lasting _____ *Isaiah 9:6; John 14:27, 16:33*
 - With _____ *John 14:6; Romans 5:1; Ephesians 2:1-9*
 - _____ *John 14:27*
 - And the ability to make peace with _____ *Ephesians 2:14*

Memory Verse:

Rejoice in the Lord always; again I will say, rejoice.

Philippians 4:4 ESV

My next step today is to...

- Memorize Philippians 4:4
- Repent and accept Jesus as my Savior and submit to His Lordship for the first time!
- Go public as a follower of Jesus and get **baptized**
- Participate in the rest of the ***Anxious for Nothing*** series
- Sign up for a group this fall
- _____

Additional Notes:
