



# The Antidote to Anxiety

Matt Sturdevant  
Lead Pastor  
September 14, 2025

**Philippians 4:4-9: The battle plan to *win over worry and experience real peace***

## Anxiety defined:

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

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.*  
Philippians 4:6 NLT

**The antidote to my worries and anxiety is \_\_\_\_\_**

*James 5:16; Matthew 6:25-34, 26:36-44*

- Fear, worry, or anxiety...
  - Come from focusing on my \_\_\_\_\_
  - Are not meant to be an \_\_\_\_\_ state, but rather an \_\_\_\_\_ to prayer
- What do I pray about?
  - Pray about \_\_\_\_\_
  - Tell God what I \_\_\_\_\_
  - \_\_\_\_\_ Him for all He has done

*Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*  
Philippians 4:7 NLT

\_\_\_\_\_ **peace comes after I pray**     *Romans 5:1-11; 2 Thessalonians 3:16*

- Peace that is not dependent on my \_\_\_\_\_, but rooted in Jesus Christ
- Peace that is \_\_\_\_\_ than my anxiety
- Peace like a \_\_\_\_\_ protecting



Online Notes

Follow us for encouragement during the week --->



@hopechurchfw



HopeCFW

**KEEP  
READING** 

## Practical next steps I can take when I start to feel anxious or worried:

**STEP #1** – Fully surrender to Jesus Christ

**STEP #2** – Take and repeat as often as necessary:

- Remind myself of the \_\_\_\_\_ and the need to fully surrender *THIS* situation to Jesus
- Turn my anxious thoughts into \_\_\_\_\_
- Ask the Holy Spirit for \_\_\_\_\_
- \_\_\_\_\_ memory and meditation  
*Matthew 6:33; Philippians 4:6-7; Psalm 139:16; 1 Peter 5:7*

### Memory Verse:

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.*

Philippians 4:6 NLT

### My next step today is to...

- Memorize Philippians 4:6
- 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
- Take the practical next step of \_\_\_\_\_
- \_\_\_\_\_

### Recommended Resources:

[How to Pray \(On my Own\)](#) message

[Tuning Up, Part 2 – Prayer](#) message

[ReFocus on My Prayers](#) message



Online Notes

### Reflection Questions:

- Why is anxiety so common in our culture? How does the Bible's teaching about anxiety contradict what modern culture teaches about it?
- What kinds of things am I tempted to worry about?
- When I worry, what do my fears and anxieties reveal about what I truly believe about God?
- When I find myself beginning to worry or feel anxious, what should I do next? Why?
- What are some examples of the "big things" I tend to pray for, and "little things" I may overlook and not pray about?
- Which scripture verse can I memorize and pray this week when I feel anxiety rising?