

HOW TO...

Overcome Fear and Anxiety in Your Life

5-29-22

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

Proverbs 12:25 - An **anxious** heart **weighs a man down**...

How do you know if you have an anxious heart?

- _____ Are you rattled when things don't go as you expected?
- _____ Do you often worry about things beyond your control?
- _____ Do you lose sleep over pressing issues?
- _____ Is it hard to "turn off" your mind?
- _____ Does the unknown intimidate you?
- _____ Do you often imagine the worst case scenario?

Research found _____ of what we **fear** and have **anxiety** over **never happens**.

How to experience God's peace:

- 1) Take your mind off the "what if's" of _____.

Luke 21:10-14 - Then he said to them: "Nation will rise against nation, and kingdom against kingdom. ¹¹ There will be great earthquakes, famines and pestilences in various places, and fearful events and great signs from heaven." ¹² "But before all this, they will lay hands on you and persecute you. They will deliver you to synagogues and prisons, and you will be brought before kings and governors, and all on account of my name. ¹³ This will result in your being witnesses to them. ¹⁴ Make up your **mind** not **to worry beforehand**..."

What has your mind has you.

- A. Worry never changes anything for _____.

Matthew 6:27 - "Who of you by **worrying** can add a single hour to his life?"

B. Satan's tool of _____ is meant to deter you from God's _____.

Jeremiah 10:5-6 - Like a **scarecrow** in a melon patch, their idols cannot speak; they must be carried because they cannot walk. **Do not fear them; they can do no harm** nor can they do any good." ⁶ **No one is like you, O Lord; you are great, and your name is mighty in power.**

That on which I center my attention and affection and for which I am willing to sacrifice is my god, and if it isn't Jesus Christ, then it's an idol.

2) Put your mind on the promises of _____.

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

Isaiah 26:3 - You will keep in **perfect peace** him whose **mind** is **steadfast**, because he **trusts in you**.

Contrast faith and fear:

- | | |
|--|------------------------------------|
| 1. Faith brings peace . | 2. Fear brings turmoil . |
| 3. Faith draws you closer to God. | 4. Fear takes you from God. |
| 5. Faith changes things . | 6. Fear changes nothing . |

How to take your mind off the what if's, and put your mind on God's promises:

Big Idea: Give your cares to God and don't take them back.

Philippians 4:6 - Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Step One to take: Worry about _____.

Philippians 4:4-6 - Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ **Do not be anxious about anything** . . .

Step Two to take: Pray about _____.

Philippians 4:6 - ... but **in everything**, by prayer and **petition**, with thanksgiving, present your requests to God.

Petition: detailed _____.

Step Three to take: Thank God for all _____.

Philippians 4:6 - ... in everything...with thanksgiving...

Step Four to take: Think about the _____ things.

Philippians 4:8 - Finally, brothers, whatever is **true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable**--if anything is **excellent** or **praiseworthy**--think about such things.

True: True thoughts; **Noble:** To Worship; **Right:** Think on what is righteous; **Pure:** Holy, morally clean; **Lovely:** Sweet, patient; **Admirable:** good report; **Excellent or praiseworthy:** Excellent and praise

Insight: what I think about is what I _____.

Proverbs 23:7 - For as he thinks in his heart, so is he...

THE RESULTS: *Philippians 4:7* - And the peace of God, which transcends all understanding, will **guard** your hearts and your minds **in** Christ Jesus.