



Don't Be Anxious - 10/6/19

OVERVIEW

Our lives are full of the unknown. Our minds spin with questions like, "What will I do when I graduate?" "What if this medical test comes back with bad results?" "How will I afford my bills, groceries, etc.?" We can only deal with one moment at a time, but the stress, anxiety, and worry of what is coming next can be hard to deal with. Wouldn't it be nice to just tell our minds to STOP? Can we give up trying to be in control, and submit to The One who is really in control?

Scripture (ESV): Matthew 6:25-34; 1 Peter 5

APPLICATION

- Statistics tell us that 77% of us experience regular physical symptoms of stress (inability to sleep, headaches, rising blood pressure, etc.). Do you experience any of these?
- What is something you currently worry about/stress over in your life?
- Jeremy says he believes that often the root of worry is the need to be in control. Think about those things that you worry about from the previous question. What can you identify as the root(s) of your worry?
- 1 Peter 5:7 says to "cast all your anxieties on Him." What are some practical ways you can do this when you are anxious or worrying?
- What is one thing you can do today that would start you on the journey of letting God remove worry and anxiety from your life?
- HOMEWORK: Casting your anxieties on Him is a daily choice and struggle. Scripture played a huge part in Andrew's healing. Begin the process of searching Scripture to see for yourself what it says about worry and anxiety. Here are some verses to begin your quest to hear from God: Isaiah 41:10, Psalm 46:1, Philippians 4:6-7, Psalm 94:19.

