

Introduction:

Jesus' promise:

³³ These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."

John 16:33 (NASB)

- What exactly is anxiety?

- What causes anxiety?
 - Fear of the future
 - Conflict in the present
 - Regrets over the past

- How does anxiety affect us?

How can we overcome anxiety?

Choosing God's peace when anxiety strikes

Philippians 4:6-7

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

Philippians 4:6-7 (NIV)

Nothing be anxious about

But in everything

- by prayer

- by petition

- with thanksgiving

- the requests of you let be made known to God.

And the peace of God



(surpassing all understanding)

will guard the hearts of you

and

the thoughts of you

in Christ Jesus

The Commands = the What:

1. Negatively =
2. Positively =

4 Key Words = the How:

1. _____ = worship and adoration.
2. _____ = focus on your needs.
3. _____ = focus on what God has done.
4. _____ = outline your specific requests.

The Promise = the Why:

1. Peace and anxiety cannot _____.
2. Anxiety and biblical prayer cannot _____.

Summary: Biblical _____ is God's antidote to anxiety.

This week, every time you feel anxious, remember the following word picture...

When _____ pounds at the door of your heart, let
_____ answer it as you _____ into your Father's arms!

Discussion Questions:

1. When do you tend to be anxious?
2. What are the issues in your life that are "strangling" and "stressing" you mentally and emotionally?
3. How will you put this message into practice? Who will help/encourage you in your battle to overcome anxiety?
4. Is there a relationship in your life that calls for you to follow this pattern? Who in your relationship network struggles with anxiety and needs your help?