

*For God has not given us a spirit of fear, but of power and of love and of a sound mind.  
(2 Timothy 1:7 NKJV)*

*An anxious heart weighs a man down, but a kind word cheers him up. (Proverbs 12:25)*

## I. 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?

## II. A PEACE IN THE ACTION

A. Take your mind off the "what if's" of fear?

*10 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 But make up your mind not to worry beforehand how you will defend yourselves. 15 For I will give you words and wisdom that none of your adversaries will be able to resist or contradict.  
(Luke 21:10-15)*

*...as your days, so shall your strength be. (Deuteronomy 33:25 NKJV)*

1. Worry never changes anything for good.

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

2. Satan's tool of fear is meant to deter us from God's best.

**5 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. (Jeremiah 10:5-6)**

B. Put your mind on the promises of God's Word and begin to walk by faith.

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

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

Faith brings peace.

Faith draws you closer to God.

Faith changes things.

Worry brings turmoil.

Worry takes you from God.

Worry changes nothing.

1. Give your cares to God (and don't take them back)!

***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. (Philippians 4:6-7)***

Questions for reflection:

- 1) What areas do you desire to control?
- 2) What are some promises from God that speak to your concerns? (If you don't know the Bible well, ask someone around you).
- 3) What do you need to put in your "trusting God" box?