

CHANGE MY MIND - 4

God's Answer For Anxiety

Things that stress us out and give us anxiety...

1. The past.
2. The present.
3. The future.

Psalm 102:25-27 (NLT) Long ago you laid the foundation of the earth and made the heavens with your hands. 26 They will perish, but you remain forever; they will wear out like old clothing. You will change them like a garment and discard them. 27 But you are always the same; you will live forever.

Philippians 4:6-9 (ESV) Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Shalom – a greeting that means confidence, righteousness, relief, trust, all is right, security, welfare, calm, wellbeing, prosperity, completeness

1. **Peace is _____ but requires _____.**

Anxious - to be divided, separated, distracted, ripped apart

2. **Peace must be _____.**

Phil 4:6 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

“Anxiety is my indicator that it’s time to pray.” - Craig Groeschel

“Without a time of prayer and love of prayer you’ll never pray.” - Jentzen Franklin

Ephesians 2:20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,

“Pray and let God worry.” - Martin Luther

3. **Peace is my _____ against the enemy.**

- _____ peace. (Luke 10:5)
- _____ peace. (Isaiah 26:3)
- _____ peace. (1 Peter 5:7)

Philippians 4:5 (ESV) ...The Lord is at hand.

Hebrews 13:5-6 (NLT) For God has said, “I will NEVER fail you. I will NEVER abandon you.” 6
So we can say with confidence,
“The Lord is my helper, so I will have no fear. What can mere people do to me?”