

*Psalm 34:19 Many are the afflictions of the righteous: but the LORD delivereth him out of them all.*

*Psalm 107:6 Then they cried unto the LORD in their trouble, and he delivered them out of their distresses.*

*Psalm 107:20 He sent his word, and healed them, and delivered them from their destructions.*

*Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*

*Philippians 4:7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*

F. Keep your M\_\_\_\_\_ on God... The B\_\_\_\_\_ is the Lord's

*2 Chronicles 20:12 O our God, wilt thou not judge them? for we have no might against this great company that cometh against us; neither know we what to do: but our eyes are upon thee. Moab and Ammon come to fight Judah so King Jehoshaphat and the people call on God... casting their care upon Him.*

1. They had no might against their enemies.
2. They didn't know what to do
3. Their eyes began to focus on God. God gives them His answer...  
*2 Chronicles 20:15, 17 Be not afraid nor dismayed by reason of this great multitude; for the battle is not yours, but God's... Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the LORD with you...."*

Often times, all we have to do is just try to control our minds and then the Lord will step in to cover our insufficiencies... the battle is the Lord's! *Zech 4:6 ... the word of the LORD unto Zerubbabel, saying, Not by might, nor by power, but by my spirit, saith the LORD of hosts.*

G. Take Your P\_\_\_\_\_ In God, *2Thess 3:16; Isa 26:12; Isa 32:18*

H. Trust in the L\_\_\_\_\_, *Pro 3:5; Pro 29:25; Isa 12:2*

**In Closing:** Let's take time to pray one for another for the peace of God to saturate our souls... let His peace reign in you.

**Answer Key:** A. God, Things B. Take C. Humble D. Requests  
E. Imaginations F. Mind, Battle G. Peace H. Lord



**ICE BREAKER:**

In your opinion, what would be the most fearful animal to face?

**STARTER DISCUSSION:**

When I was a child, I had an encounter with a snake that caused me great fear. After that experience, for a couple nights, I was afraid to turn off the lights and get into bed because I thought a rattlesnake might be underneath my bed. My Dad would come and assure me that there was no snake underneath my bed and I would be safe. I knew my Dad loved me and wouldn't allow me to be harmed so, finally, I trusted his word on the matter and went to sleep. Knowing and accepting his love for me had chased all my fears away! Likewise, knowing and trusting God will take away fears and anxiety out of life's circumstances.

**FOUNDATION SCRIPTURES:**

*Matthew 6:30-34 (CEV) God gives such beauty to everything that grows in the fields, even though it is here today and thrown into a fire tomorrow. He will surely do even more for you! Why do you have such little faith? (31) Don't worry and ask yourselves, "Will we have anything to eat? Will we have anything to drink? Will we have any clothes to wear?" (32) Only people who don't know God are always worrying about such things. Your Father in heaven knows that you need all of these. (33) But more than anything else, put God's work first and do what he wants. Then the other things will be yours as well. (34) Don't worry about tomorrow. It will take care of itself. You have enough to worry about today.*

*Romans 14:17 ESV For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.*

*2 Tim 1:7 (KJV) For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*

*2 Tim 1:7 (ESV) for God gave us a spirit not of fear but of power and love and self-control.*

## I. GOD WANTS US TO ENJOY LIFE

God wants us to be happy, well-adjusted, and balanced in our life. The condition of our mind is essential to this happiness and peace from God. Constant worry and anxiousness will deteriorate the stability of our mind. This instability can result in physical, emotional, and spiritual weakness and ruin.

What does Matthew 6:30-34 tell us about worry or anxiousness?

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If one constantly worries about something then they can not truly enjoy the peace that comes from Jesus. A sound mind is a self-controlled and stable mind. A mind that is stable on the Lord will bring peace and joy to that person.

*Romans 14:17 ESV For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.*

The Kingdom of God is about the peace, joy, and hope that we can have through His Spirit. Being anxious or worried is not what God has intended for us.

## II. WHY BE ANXIOUS?

Webster's definition of worry: "To feel uneasy or troubled, To cause to feel anxious, distressed, or troubled, a nagging concern."

It's also been defined as to torment oneself with disturbing thoughts. Worry doesn't make anything better. Being anxious only

stirs up the emotions that cause us to make wrong decisions.

Anxiousness and worry causes us to make mistakes and, often times, inflicts pain or torment to us. People who worry will tend to be the ones who get ulcers and other sicknesses. Why torment ourselves with worry?

Repetitious worry will come and attack us time and time again if we don't take control of our mind and emotions. Satan, pressures of life, and even our own emotional makeup can spark or initiate worry in our minds.

We must change the pattern of our thought in order to conquer the anxious or worried mind. What do we gain by worrying? Here's what the scriptures say...

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

This scripture gives us the idea that we can't add even one hour to our life through being worried... in other words, worrying is not productive. Jesus is saying that worrying is useless. It can't make things better, it won't solve the problem so why worry... trusting God is the answer.

## III. OVERCOMING WORRY OR ANXIOUSNESS:

- A. Seek G\_\_\_\_, Not T\_\_\_\_, *Matt 6:33*
- B. T\_\_\_\_ One Day At A Time, *Matt 6:34*
- C. H\_\_\_\_ Yourself Before God First, *1 Pet 5:6-7*
- D. Let Your R\_\_\_\_ Be Made Known To God, *Phil 4:6*
- E. Cast Down I\_\_\_\_ - Take Control Of Your Mind, *2 Cor. 10:5*

Make an effort to cast down worry and anxiousness by speaking out words of faith. Rehearse scriptures like:

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

*Psalms 37:23-25 The steps of a good man are ordered by the LORD: and he delighteth in his way. 24 Though he fall, he shall not be utterly cast down: for the LORD upholdeth him with his hand. 25 I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread.*