



Don't Be Anxious!
Philippians 4:4-7
Pastor Joshua Brooks
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The key to Paul's joy and peace?

- "The Lord is _____." (Philippians 4:5)

How does Paul deal with potential anxiety?

- By setting his mind on something bigger and better than his circumstances: _____

God is our Warrior!

- "The peace of God, which transcends all understanding, will _____ your hearts and minds in Christ Jesus." (Philippians 4:7)

What Do We Do With Our Anxiety?

- We drive it to _____ in prayer, calling out to Him for courage and peace.

NEXT STEPS

Anxiety Assessment

- Financial challenges
- Marriage stresses
- Parenting issues
- Future unknowns
- Job situation
- Physical trials (sickness, disease, disability)
- Relational tensions (with family, friends, co-workers)
- Failure
- Difficult decisions that need to be made
- Academics (grades, getting into college, etc.)
- Physical appearance (looks, weight, aging process)
- Pain/Death
- People's opinions of me
- Political realities
- Dentist or Doctor visits
- Sharing my faith with someone
- Something God is calling me to do (serving, going, giving, etc.)
- Other? _____

Name/confess the area in life where you're tempted to slip into anxiety. Acknowledge it. Get honest about where you need God to stand guard over your heart.

Ask God to teach you to let your anxiety become a trigger to pray — so that every time you feel anxious — that anxiety becomes a reminder for you to give it to God in prayer.

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