

For God has not given us the spirit of fear; but of power, and of love, and of a sound mind. ~ 2 Timothy 1:7 KJV

An anxious heart weighs a man down... ~ Proverbs 12:25

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?

A PEACE IN THE ACTION

1) TAKE YOUR MIND OFF THE "**What If's**" OF **FEAR**?

Make up your mind not to worry beforehand... ~ Luke 21:14

- WORRY **NEVER** CHANGES ANYTHING FOR GOOD.

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

- **SATAN'S TOOL OF FEAR IS MEANT TO DETER YOU FROM GOD'S BEST.**

Like a scarecrow in a melon patch...Do not fear them; they can do no harm...No one is like you, O LORD; you are great, and your name is mighty in power. ~ Jeremiah 10:5-6

2) PUT YOUR MIND ON THE PROMISES OF **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**.
✓ Worry brings **turmoil**.
- † Faith draws you **closer** to God.
✓ Worry takes you **from** God.
- † Faith changes **things**.
✓ Worry changes **nothing**.

• 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 from your Life Group).
- 3) What do you need to put in your “trusting God” box?