

SERMON NOTES

September 21 & 22, 2024

It's Ok to Not be Ok: Anxiety & Fear 2 Corinthians 10:5

Anxiety: Living at the intersection of _____ and _____.

Lane 1: _____ Health

Psalm 34:4

a. Be in the Word _____.

b. Worship _____.

c. Serve _____.

Lane 2: _____ Health

2 Corinthians 10:5

Phase 1: Examine my _____.

Proverbs 3:5-6

Phase 2: Examine my _____.

Proverbs 27:17

a. Can I be my _____ self around them?

b. Do they see me for the person God _____ me to be?

Side Note for Parent

Parents Ask This:	Parents Avoid This:
<ul style="list-style-type: none">• What's on your mind?• What's on your heart?	<ul style="list-style-type: none">• What's wrong with you?• What were you thinking?
Affirm: <ul style="list-style-type: none">• Thank you for sharing.• This sounds difficult.• How can I support you in this?	

Phase 3: Widen the _____.

Proverbs 15:22

- _____
- _____
- _____

Life Steps

It's Ok to Not be Ok: Anxiety & Fear | September 21 & 22, 2024

Monday

2 Timothy 1:7

Reflect: Reflect on moments where you have been paralyzed by fear or anxiety. What could it look like to function from the power and love of God even when we are timid?

Prayer: God, through your love and power, all things are possible. I give You praise that in my weakness, Your strength is made known. Amen

Tuesday

Matthew 6:34

Reflect: How many things do you worry about that you have no control over? Living too far in the past or too far in the future can cause anxiety. How much time could you free up living in the present?

Prayer: "God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." Amen

Wednesday

Proverbs 3:5-6

Reflect: Anxiety and depression will speak lies into your heart. What ideas do you have, at your lowest, about myself that God would disagree with?

Prayer: God, I trust in you with all my heart. Help me not lean into my own understanding but yours. Amen

Thursday

1 Peter 5:6-7

Reflect: What anxieties do you choose to carry and pick up consistently that you can cast on God? What can you start doing daily, or as needed, during the day to cast your cares on God?

Prayer: God, I am not strong enough or equipped to carry my worries, but you are. I cast all my worries on you and I ask that you make me aware when I have taken them back from You. Amen

Friday

Hebrews 13:6

Reflect: Where are you most resistant to ask for help? Where do you think this resistance comes from? Distrust in people? Prior disappointment of people? Did you know receiving and giving help is a way for God to move in us and through us?

Prayer: God, send people who love You into my life so that I can experience You through. Send people into my life that need to experience You through me. Amen

Saturday

Psalms 34:4

Reflect: What are your biggest fears? What would it look like to confront them with God on a daily basis?

Prayer: God, I surrender all my fears to you. Awaken me to your power and love. Deliver me from my fears so that you might use me to go and make disciples just as You have called me. Amen

Sunday

Matthew 11:28

Reflect: It is difficult to cast our worries on God when we are weary and burdened. How can you plan rest every week to be in the presence of God?

Prayer: God, in my exhaustion, I seek you. Give me rest in my soul so that as others encounter me, they encounter Your renewing power. Amen