

STAYING STUCK

How to Live in Fear

Philippians 4.6-9

What is Anxiety?

General anxiety is an excessive amount of anxiety or worry in several areas of life.

Breaking Free from Fear

from Rhett Smith

1. Say what you _____.

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, **present your requests to God**. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

Philippians 4.6-7

2. Say what you would _____.

*"When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I **put the ways of childhood behind me.**"*

I Corinthians 13.11

3. Say the _____.

*"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – **think about such things.**"*

Philippians 4.8

4. Say what you'll _____ (and do it).

*"Whatever you have learned or received or heard from me, or seen in me – **put it into practice**. And the God of peace will be with you."*

Philippians 4.9

You can live free from fear because God is near.

Memory Verse:

"Cast all your cares on him because he cares for you."

I Peter 5.7

Arsenal to Fight Fear

Psalm 4:8

Psalm 34:4

Matthew 6:25-34

II Corinthians 10:4-5

I Peter 5:7

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1. Say what you feel.

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Philippians 4.6-7

2. Say what you would normally do.

*"When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I **put the ways of childhood behind me.**"*

I Corinthians 13.11

3. Say the truth.

*"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – **think about such things.**"*

Philippians 4.8

4. Say what you'll do differently (and do it).

*"Whatever you have learned or received or heard from me, or seen in me – **put it into practice**. And the God of peace will be with you."*

Philippians 4.9

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