

PEACE: Overcoming Anxiety

WHY SO SERIOUS?

"Peace I leave with you; my peace I give to you. Not as the world gives, do I give to you. Let not your hearts be troubled, neither let them be afraid."

John 14:27

Introduction: Anxiety in America

Anxiety in Perspective...

- The _____ of anxiety is unavoidable; the _____ of anxiety is not.
- Anxiety is an _____, not a _____.
- Anxiety does not mean you are a _____ Christian.
- Experiencing anxiety is _____ human behavior; anxiety _____ can lead to unhealthy, even _____ behaviors that bring death and destruction.
- Overcoming the prison of anxiety is _____. Phil. 4:6-7
- God understands we live in a world full of _____. John 16:33
- God _____ about our _____ health. Matthew 6:25-34

Anxiety in the Bible...

"Be Anxious for Nothing..." – Philippians 4:6-7

"anxious" = *merimnāō* (from *mérimna*, "a _____, as opposed to the whole") – drawn in opposite directions; "divided into parts" (figuratively)
"to go to _____" because you are _____ *apart* in different _____.

Matthew 6:25; 32

"Therefore, I tell you, do not be anxious about your life...your heavenly Father _____ everything you _____."

Peace: _____ your Father

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