

Sermon Study Notes for 5.4.23 and 5.7.23

Putting an X Through Anxiety Series

Part 4: Changing My Focus

Day 1: God doesn't want us consumed with worry and anxiety!

John 14:1 Matthew 6:27 Isaiah 35:4 Matthew 6:25

Day 2: Where is my focus?

1 Peter 5:7 Matthew 6:34 Psalm 118:24 Matthew 9:22 Philippians 4:6

Day 3: Address today's issues TODAY!

Proverbs 27:1 Galatians 6:7 Proverbs 14:23 James 1:22

Day 4: Find Rest in HIS shadow.

Psalm 91 Psalm 23 Matthew 11:28 Psalm 62:1-8

Day 5: A relationship with Jesus can liberate us from a self-seeking approach to life.

1 John 2:15-17 Colossians 3:23 Romans 12:2

Day 6: The cure for an inward focus is humility.

Ephesians 3:12-21 1 Peter 5:1-6 James 4:7-10

Day 7: God uses our circumstances to draw people to Him.

Philippians 2:12 2 Corinthians 4:16-18 Zephaniah 2:1-3

We CONFRONT and MINIMIZE anxiety by following Godly principles.

#1 Pray, Lord, Take This! #2 Do it, RIGHT NOW!

#3 Seek God's Presence #4 Change our Focus