

## PEACE IN FEARFUL TIMES

John 14:27 “I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.

John 16:33 I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”

Matthew 6:24 “No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money.

25 “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing?

26 Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are?

27 Can all your worries add a single moment to your life?

28 “And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing,

29 yet Solomon in all his glory was not dressed as beautifully as they are.

30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

31 “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’

32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs.

33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

34 “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.

### Recognizing The Difference Between Worry And Concern

Concern is productive. It is forward-looking and positive

Worry is the opposite—it is counterproductive, stuck in the present, and negative

Concern motivates us to take action. Anxiety paralyzes us

### The Results Of Anxiety

Anxiety \_\_\_\_\_ A Person’s Mind

Anxiety \_\_\_\_\_ A Person’s Productivity

Anxiety Leads A Person To Make Unwise \_\_\_\_\_

Anxiety \_\_\_\_\_ A Person's Energy

Anxiety \_\_\_\_\_ Physical Ailments

Anxiety \_\_\_\_\_ Relationships

Anxiety \_\_\_\_\_ A Person's Joy

### The Root Causes Anxiety

\_\_\_\_\_ Of Self-Worth

A \_\_\_\_\_ For Total Control

\_\_\_\_\_ On What Others Think

\_\_\_\_\_ By The World's Expectations

\_\_\_\_\_ About Tomorrow

### Refusing To Worry

Get your thinking right about God

Refuse to allow anxiety to become a "state of being" in your life

Believe God when He says you are worthy of His constant care

Yield total control of every area of your life to God

Refuse to be caught up in what others think of you

Refuse to be trapped into operating according to the world's systems

Get your priorities in line with God's priorities for you

Choose to live in today, not tomorrow

Seek God's kingdom above all else