



Connect Church

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Worship
Sundays 10:30am

Connect Groups
Weekly

Anxious for Nothing *(Finding Calm in a Chaotic World)*

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Anxious for Nothing

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1 LESS WORRY MORE FAITH

Chapter 1

Anxiety is a Meteor shower of What ifs...

- What if I don't close the sale?
 - What if I don't get the paycheck?
 - What if I can't pay the medical bill?
 - What if I get sent to collections?
 - What if I have to go bankrupt?
 - What if I end up homeless?
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Snap out of it!!! Worry is anxiety out of control. Fear and anxiety is a toxic mixture that kills your faith and relationship with God. Anxiety is the top health problem in America. Yet we have more food, research, and wealth than ever before.

Matthew 10:29 Are two sparrows not sold for an assarion? And yet not one of them will fall to the ground apart from your Father. 30 But even the hairs of your head are all counted. 31 So do not fear; you are more valuable than a great number of sparrows.

A sparrow is an unclean bird. Yet God says not one is out of sight of the all loving God. An unclean bird is not fit for eating and it wasn't fit for sacrifice. Yet God cares about this bird. Jesus compares that with his love for you. If God cares about the sparrow how much more does God care about you? He cares about humanity so much that he has counted the very hair on your head. Not one follicle will fall without the father not knowing and keeping track of it. You are valuable to God. He cares about you. Therefore let your worry an anxiety be kept in check

2 REJOICE IN THE LORD'S SOVEREIGNTY & MERCY

Chapter 2-3

Chapter 2 Rejoice in the LORD'S Sovereignty

What is Sovereignty? supreme power or authority.

What do you put Power in?

Do you believe that GOD has ALL power?

Does true Power look pretty?

What is your why?

What causes you to Rejoice?

Rejoicing in the Lords Sovereignty is about trusting in God's power more than your own. We have said we trust GOD but do we really trust HIM? One of the hardest challenges we have in conquering anxiety is trusting GOD more than ourselves.

Are you consistently asking, "What should I do now?"

What should we ask? "What has GOD prepared me to do?"

In this chapter Discuss: What does it look like to give up control to GOD? How do truly submit to HIS authority?

Chapter 3 Rejoice in The Lords Mercy

Guilt frenzies the soul, but Grace calms it.

How often are we holding ourselves in our own prison? Many times we create anxiety by beating ourselves up for things we did wrong. We knew better but maybe weren't thinking. Guilt is another form of anxiety that GOD has removed us. We must simply submit to him.

There is no greater joy than knowing that your fines or debts have been paid.

Why do we still hold ourselves in prisons of guilt when GOD has set us free through HIS SON JESUS?

Ask yourself

Why do I hold myself in my own guilt prison?

Why do I feel I am not deserving of forgiveness?

How often do I imprison others wrongly because I cant let myself be free?

3 REJOICE IN THE LORD ALWAYS

Chapter 4

4 ASK GOD FOR HELP

Chapter 5

5 PRAYER NOT DESPAIR

Chapter 6

6 LEAVE YOUR CONCERNS WITH HIM

Chapter 7-8

Great Gratitude

Christ based contentment turns us into strong people.

If Only may the source of your anxiety.

- If only I were thinner, I'd have the good life
- If only I were richer, I'd have the good life
- If only the kids would come, I'd have the good life
- If only I was married, I'd have the good life
- If only the kids were gone, I'd have the good life

The Good life begins when your attitude toward your circumstances change.

You Need Contentment

Philippians 4:10 But I rejoiced in the Lord greatly, that now at last you have revived your concern for me; indeed, you were concerned before, but you lacked opportunity. 11 Not that I speak from need, for I have learned to be content in whatever circumstances I am. 12 I know how to get along with little, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. 13 I can do all things through Him who strengthens me.

Paul was shipwrecked. Paul was beaten for sharing the Gospel. Paul was beaten to near death and thrown out of a city. He was spit upon. He was ridiculed and laughed at. Paul was even thrown into prison on various occasions. Paul was sometimes lonely. He thanked the church of Philippi for their concern. He said it is a great encouragement to me. But I have learned how to say blessed be the name of the Lord. I have learned how to be content in all circumstances. But thank you so much for sharing with me in my affliction.

- How could Paul be content in chains, no wife, lack of money? He focused on something that gave contentment. Christ Jesus saved His life, forgave.

- What you have in Christ is greater than anything you don't have in life.

You Need Thanksgiving

Philippians 4:6-7 6 Do not be anxious about anything, but in everything by prayer and pleading **with thanksgiving** let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.

Thanksgiving will escort you from Only IF to Already!

What are the tenses in English?

Ephesians 2:8-9; Isaiah 53:4

God's tense is **Already** not Yet

God has **Already** done more than enough

In English when we have tenses we think of past present, and future. Ohh but in Hebrew and Greek you have past present future and perfect. What do they mean the perfect tense. There is nothing left to do it is already done. It is complete.

IN other words He completely carried our sin. There ain't nother left for Him to carry.

In other words Jesus work on the cross was complete. Not for the first 1000 sins or first 2k sins. Oh He died once an for all.

Why are carrying around sin? Why haven't you giving your life to Jesus?

Does your happiness depend on what you drive? Wear? Deposit? ???

There will always be newer cars and other stuff to purchase. This race is unwinnable.

You are setting yourself up for anxiety.

Don't let your circumstances dictate your actions...

Faith is Confident trust in God's promises. Thanksgiving in tough circumstances requires faith. Romans 4:17

Abraham went on a Go (Go to a place where I will show you)

- All he saw was desert a dead father but he stepped out on faith

Isaac spoke blessings over Jacob

- All he saw was blindness and was about to die

Elijah walked in Faith saying its gone rain

- 1 Kings 18:41-46

God's Peace

Have you ever experienced a perfect storm?

Layoff + Recession + Sickness + College Rejection+ etc...

It is challenging to handle one challenge but what about 2-3 or 4?

Philippians 4:7 The peace of God, which surpasses all understanding will guard your hearts and minds through Christ Jesus

The book has challenged us to rejoice in the Lord, Pursue a gentle Spirit, pray about everything, and cling to gratitude. If you do this you will get God's Peace.

This peace will guard your heart. Protects us from the attacks of the enemy

1. You Got an Army at Your Disposal (Hebrews 1:14)

Hebrews 1:14 Are they not all ministering spirits, sent out to render service for the sake of those who will inherit salvation?

In the heavenly places there are angels that have been given charge over you. To serve you. Every person has one or more angels assigned to you. This is God's angelic army to protect His people.

When I'm praying for my children, I say Lord encamp your angels around me. Invoke your angelic army to help me win the battles of life today. In the name of Jesus.

Dan 3:23:26 Angel protected Shadrach Meshach, and Abed-Nego

Acts 12:5-9 Angel escorted Peter out of prison

Psalm 91:11 God puts his angels to have charge over us.

You will not change the Quantity of your days but you can change the Quality of your days.

Angels are used of God to give special messages. Announced to Joseph do not divorce your wife she is pregnant with the Messiah the son of promise that will save the world from sin.

Angels are used to protect God's people. In Exodus when the Egyptians were chasing Israel and met them at the red sea. It says that God stopped the Egyptian army with a pillar of fire. How, He protected them through angels.

Exodus 14:19 19 The angel of God, who had been going before the camp of Israel, moved and went behind them; and the pillar of cloud moved from before them and stood behind them. 20 So it came between the camp of Egypt and the camp of Israel;

Why are angels watching! Why is that a theme throughout scriptures. Sent to protect God's people;

Angels can be messengers of provision. Then the devil left Him, and behold angels came and began to minister to Him (Matthew 4:11). Man ate the bread of angels (Psalm 78:24-25)

Angels can be messengers of God's judgment. God has ordained that angels deliver judgment against His enemies (Isaiah 37:36; Matthew 13:41-42; 2 Thessalonians 1:7-8) Isaiah 37:36 one angel killed 185k. Powerful individuals. There are more angels than the stars in the sky yet one can kill 185k?

Angels can be used to guide God's people. IN Acts 8 an Angel guided Philip to minister the gospel to the Ethiopian Eunuch.

What does all this mean? Angels are agents of God. No matter how much power they are set out to do whatever Jesus commands them to do. They are at the disposal and command of Jesus.

In fact even Jesus said, Matthew 26:53 Don't think that I can't call down 12 legions of angels at my disposal to do whatever I wish. When he was being seized in the garden of Gethsemene.

Jesus is Superior to Angels. Angels are inferior to Jesus!

7 THINK ABOUT WHAT YOU THINK ABOUT

Chapter 9

8 CLING TO CHRIST

Chapter 10

John 15:4 Abide in Me, and I in you. As the branch cannot bear fruit [a]of itself unless it abides in the vine, so neither can you unless you abide in Me. 5 I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing. 6 If anyone does not abide in Me, he is thrown away as a branch and dries up; and they gather them, and cast them into the fire and they are burned. 7 If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you. 8 My Father is glorified by this, that you bear much fruit, and so [b]prove to be My disciples. 9 Just as the Father has loved Me, I have also loved you; abide in My love. 10 If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love.

How do you Abide in Christ?

Trust in the Lord Matthew 6:25-29

Fix your thoughts on the things above Philippians 4:8; Colossians 3:2

Keep God's word near you and in you John 8:31-32

9 C.A.L.M

Chapter 11

Jesus Battled Anxiety. Yes! Jesus Battled Anxiety!

He prayed 3 times in the garden of Gethsemane that this cup would pass from Him. His heart pumped so much that his capillaries broke and streaks of blood came down his face. But He did not stay anxious. “Not my will, Thy Will Be Done!” He accomplished the task set before Him.

You can eat from the Anxious Tree but that is not healthy.
How do you stay calm and eat from the Tranquility Tree?

Philippians 4:4 Rejoice in the Lord always; again I will say, rejoice!

Psalms 121:1-2 I will lift up my eyes to the mountains; From where shall my help come? 2 My help comes from the Lord, Who made heaven and earth.

1 Timothy 6:15 which He will [a]bring about at the proper time—He who is the blessed and only Sovereign, the King of kings and Lord of lords,