September 18, 2016 Philippians 4:6-7

Mark 4:35-41

**Anxious For Nothing**

1. American culture is plagued by anxiety.

*Do not be anxious about anything…* **Philippians 4:6**

1. We create the WAVES in our life

*Teacher, don’t you care if we drown?* **Mark 4:38**

**W**ords

**A**pproach

**V**oices

**E**xpectations

**S**hame

1. We must learn to be still

*He got up and rebuked the wind and the waves, “Quiet! Be still!”* **Mark 4:39**

1. It is time to be BRAVE.

*Then the wind died down and it was completely calm.* **Mark 4:39**

**B**reathe

**R**emember

**A**sk

**V**isualize

**E**levate

Action

**Begin each morning with this prayer:**

*Lord I have allowed myself to be anxious.*

*You are greater than my fears.*

*Make me brave.*

*Amen.*

**Read study verse for the day.**

**Mediate on these questions:**

What is the difference between ‘venting’ and allowing your words to create more anxiety in your life?

What voices add to your anxiety and stress?

What struggles are you facing right now? What can you praise God for in that struggle?

Study

*(Weekly Readings that are related to the sermon theme)*

* **Monday Philippians 4:6-7**
* **Tuesday Romans 8:31-32**
* **Wednesday Romans 8:37-39**
* **Thursday Mark 4:35-41**
* **Friday James 1:6-8**
* **Saturday Isaiah 35:4**

*The word of God is living and active sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.*

**Hebrews 4:12**

September 25, 2016 2 Corinthians 10:3-5

**It Starts In Your Mind**

1. Being brave begins with a different perspective.

*For though we live in the world, we do not wage war as the world does.* **2 Corinthians 10:3**

1. God’s way has the power to do more than you thought possible in your life.

*The weapons we fight with are not the weapons of the world. On the contrary, they have the power to demolish strongholds.*

**2 Corinthians 10:4**

1. Be proactive in dealing with negative thoughts.

*We must demolish pretention that sets itself up against the knowledge of God…*  **2 Corinthians 10:5**

1. We are strengthened when we turn our minds toward Christ.

*…and we take captive every thought and make it obedient to Christ.* **2 Corinthians 10:5**

Action

**Begin each morning with this prayer:**

*Lord I have allowed myself to be anxious.*

*You are greater than my fears.*

*Make me brave.*

*Amen.*

**Read study verse for the day.**

**Mediate on these questions:**

What is the difference between ignoring something and learning from it?

Our fears are often indicative of where our strengths may lie. Which fear do you resonate with the most, failure, embarrassment, commitment, vulnerability, or loneliness?

Study

*(Weekly Readings that are related to the sermon theme)*

* **Monday Philippians 4:6-7**
* **Tuesday Philippians 4:1**
* **Wednesday 2 Corinthians 10:3-5**
* **Thursday Joshua 1:8-9**
* **Friday Zechariah 9:12**
* **Saturday James 1:13-18**

*The word of God is living and active sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.*

**Hebrews 4:12**

October 2, 2016 Psalm 112:6-8

**The Immovable Object**

1. Our world is constantly changing.
2. Trust in God is security for our hearts.

*Surely the righteous will never be shaken they will be remembered forever.* **Psalm 112:6**

1. Judge the news your receive against the power of God.

*They will have no fear of bad news; their hearts are steadfast, trusting in their Lord.*  **Psalm 112:7**

1. The story is already written-God is in control.

*Their hearts are secure they will have no fear.* **Psalm 112:8**

Action

**Begin each morning with this prayer:**

*Lord I have allowed myself to be anxious.*

*You are greater than my fears.*

*Make me brave.*

*Amen.*

**Read study verse for the day.**

**Mediate on these questions:**

Who do you know that constantly turns good news into a bad report? What do you learn from this?

Sometimes, we turn to people because we know they will sympathize with us and allow us to vent our emotions. Other times, we turn to people because we know they will tell us what we need to hear. When you receive bad news, who are the first people you turn to? Why?

Study

*(Weekly Readings that are related to the sermon theme)*

* **Monday Philippians 4:8-9**
* **Tuesday Numbers 13:1-3**
* **Wednesday Numbers 13:13-33**
* **Thursday Matthew 4:1-11**
* **Friday Joshua 2:1-9**
* **Saturday Psalm 23:6**

*The word of God is living and active sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.*

**Hebrews 4:12**

October 9, 2016 2 Kings 6:8-17

**See It Through**

1. Your strength is limited- God’s is not.
2. Our human perspective will lead to fear.

*“Oh no, my Lord! What shall we do?”* **2 Kings 6:15**

1. Live with opened eyes.

*“Those who are with us are more than those who are with them.”*

**2 Kings 6:16**

1. See through the problem to your Savior.

*“Open his eyes, Lord, so that he may see.” Then the Lord opened the servant’s eyes and he looked and saw the hills full of horses and chariots of fire all around Elisha.*  **2 Kings 6:17**

Action

**Begin each morning with this prayer:**

*Lord I have allowed myself to be anxious.*

*You are greater than my fears.*

*Make me brave.*

*Amen.*

**Read study verse for the day.**

**Mediate on these questions:**

Do you ever feel overwhelmed? What typically causes you to feel surrounded by trouble or worry?

Why doesn’t God shield us from our problems?

When God brings you through a problem, how will you be able to see Him and praise Him?

Study

*(Weekly Readings that are related to the sermon theme)*

* **Monday 2 Kings 6:15-20**
* **Tuesday Romans 8:32**
* **Wednesday Psalm 121:1-2**
* **Thursday Ephesians 1:18-19**
* **Friday 2 Corinthians 12:9**
* **Saturday Philippians 4:12-13**

*The word of God is living and active sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.*

**Hebrews 4:12**