

Verse of the Month

But (Jesus) said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.
(2 Corinthians 12:9–10, ESV)

Why Are We More Anxious?

1. Our habits of consuming:

- a. _____
- b. _____
- c. _____

2. Not seeking _____

3. Lack of _____

4. Despair (lack of _____ hope)

What Does Bible Say About Releasing Anxiety?

1. Do not be anxious!

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?"
(Matthew 6:25, ESV)

2. Give your anxiety to God.

Casting all your anxieties on him, because he cares for you.
(1 Peter 5:7, ESV)

Can you articulate what you are anxious about?

3. _____ about your anxiety

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. (James 5:16, ESV)

4. _____ God.

For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ... (2 Corinthians 10:4–5, ESV)

5. _____

I want you to be free from anxieties. The unmarried man is anxious about the things of the Lord, how to please the Lord. But the married man is anxious about worldly things, how to please his wife, and his

interests are divided. And the unmarried or betrothed woman is anxious about the things of the Lord, how to be holy in body and spirit. But the married woman is anxious about worldly things, how to please her husband. (1 Corinthians 7:32–34, ESV)

*But the Lord answered her, “Martha, Martha, you are anxious and troubled about **many things** but **one thing** is necessary. Mary has chosen the good portion, which will not be taken away from her.” (Luke 10:41–42, ESV)*

6. _____

“Bear fruit in keeping with repentance.” (Matthew 3:8, ESV)

Hear therefore, O Israel, and be careful to do them, that it may go well with you, and that you may multiply greatly, as the LORD, the God of your fathers, has promised you, in a land flowing with milk and honey.” (Deuteronomy 6:3, ESV)

Reflection

1. What is one take-a-way from this message that stood out for me?
2. What is one action I can take in response to this message?
3. Who will I share my learnings with?
4. Any additional thoughts?

You are invited to share your reflections in comments on Facebook & Youtube.