

OUTGROWN 2: Anxiety

THE SETUP

At the pivotal moments in our lives, when we're challenged or threatened, some form of _____ will always be triggered.

- * The New Testament presents lots of scenarios where we should _____ (2 Tim 2:22, 1 Cor 6:18, 10:14, John 10:5).
- * It also tells us that, at times, we should _____ & _____ (1 Tim 6:12, James 4:7, Eph 6:13).

We have a natural _____ or _____ instinct & that's a _____ thing.

- * Problems come when we do the _____ one at the _____ time or when _____ attach to either response.
- * So we _____ out of _____.
- * Or _____ out of _____.

THE ENEMY'S SCHEME

First, he _____ that _____ (a suggestive, anxious thought).

Then, he _____ it, in the hopes that it will _____.

His aim is to _____ us to run that scenario _____.

THE BIBLE PRINCIPLES: Our Sanctified Defence Mechanisms (Phil 4:4-9)

1. _____ (v4)
 - * Remind yourself who is seated on the _____, what happened on the _____ & who is on the _____.
 - * It's very difficult to _____ & be _____ at the same time.

2. _____ (v5)

- * God is _____ you & He is _____ you, NOT _____ you.
- * If you _____, you needn't _____ anything or anybody else (Ps 91, 139, Heb 13:5, Rom 8:35-39).

3. _____ (v6-7)

- * Prayer shouldn't be our _____ resort, but our _____ weapon.
- * And the promise is the surpassing, transcending _____ of God (1 Pet 5:7, Ps 55:22).

4. _____ (v8-9)

- * Put a _____ of God _____ across your thoughts.
- * Take those anxious thoughts _____ & _____ them at source, before they take root (Rom 8:6, Isa 26:3).
- * Is it going to be Phil 4:13,19, Heb 13:5, Rom 8:35-39, 2 Cor 12:9, 2 Tim 1:7 or woe is me?

THE GOOD NEWS

There is _____ from anxiety in the Word.

There is _____ in using the Word as a _____.

There is tremendous _____ in a _____.

THE WRAP-UP

How do you tame anxiety, turn defeats in victories, avoid the potholes, break the cycle of frustration?

= _____ the Phil 4 plan, until you develop new & better _____.