

# IT IS WELL WITH MY SOUL

## Part 1 - Anxiety

3 John 2 → *Beloved, I pray that you may \_\_\_\_\_ in all things and be in \_\_\_\_\_, just as your \_\_\_\_\_ prospers.*

PRINCIPLE: As it goes with your \_\_\_\_\_, so it will go with \_\_\_\_\_ of your life.

SOUL = \_\_\_\_\_ well-being, \_\_\_\_\_ health, state of \_\_\_\_\_, deep \_\_\_\_\_.

GOD'S HEART for you is reflected in John's prayer. Jesus died to set you \_\_\_\_\_, make you \_\_\_\_\_, release you from the \_\_\_\_\_, change your \_\_\_\_\_ and dig \_\_\_\_\_ deep. The gospel is GOOD NEWS.

Proverbs 23:7 → *For as he \_\_\_\_\_ in his \_\_\_\_\_, so \_\_\_\_\_.*

Matthew 12:34 → *For out of the \_\_\_\_\_ of the \_\_\_\_\_ the \_\_\_\_\_.*

\* What's on the \_\_\_\_\_ will eventually \_\_\_\_\_ and it's \_\_\_\_\_ you powerfully, whether you're aware of it or not.

### THE PSALMISTS CAPTURED THE STRUGGLE

1. Inviting God to \_\_\_\_\_ his soul (Psalm 139:23-24).
2. The Psalmist telling his soul to \_\_\_\_\_ (Psalm 42:5-6)
3. Recognising that God's Word is \_\_\_\_\_ to the \_\_\_\_\_ soul (Psalm 42:5).

### THE PIT OF ANXIETY

The enemy is after your \_\_\_\_\_ and \_\_\_\_\_.

\* He wants to deflate your \_\_\_\_\_, disturb your \_\_\_\_\_, confuse your \_\_\_\_\_, sabotage your \_\_\_\_\_ and clutter your thinking with \_\_\_\_\_.

Do you live in what seems like a \_\_\_\_\_, \_\_\_\_\_, fear, worry and stress? Or, if you don't live there, do you \_\_\_\_\_ there \_\_\_\_\_ than you'd like?

- \* The \_\_\_\_\_ that torments you under the shadow of bad news.
- \* Relational \_\_\_\_\_, real or imagined.
- \* Intoxicating feeling of \_\_\_\_\_, demands you just can't meet.

The Parable of the Sower tells us worry \_\_\_\_\_ the \_\_\_\_\_ (Matt 13:22)  
Jesus taught that worry \_\_\_\_\_ your heart (Luke 21:34).  
Peter wrote about the \_\_\_\_\_ element of anxiety (1 Pet 5:7-9).

### 7 PRINCIPLES FROM PHILIPPIANS 4:4-9

1. \_\_\_\_\_ & \_\_\_\_\_ Him (v4, Psalm 146:1-2)
  - \* Both powerful \_\_\_\_\_ to fear + anxiety.
  - \* The \_\_\_\_\_ of \_\_\_\_\_ on God and His goodness.
2. WALK IN \_\_\_\_\_ (v5a)
  - \* Takes \_\_\_\_\_ and \_\_\_\_\_; really helps if you walk in the spiritual fruit of \_\_\_\_\_.
3. PRACTISE HIS \_\_\_\_\_ (v5b, James 4:7-8, Psalm 42:1-2)
  - \* When we're \_\_\_\_\_ to the Lord everything looks very \_\_\_\_\_.
4. DRAW A \_\_\_\_\_ IN THE \_\_\_\_\_ (v6a)
  - \* The \_\_\_\_\_: Recognition that your \_\_\_\_\_ is involved.
5. TAKE IT TO THE LORD IN \_\_\_\_\_ (v6b)
  - \* The prayer of \_\_\_\_\_ (1 Peter 5:7 AMP)
6. RECEIVE THE ANOINTING OF \_\_\_\_\_ (v7, Proverbs 4:23, John 14:27).
  - \* There's a \_\_\_\_\_ way of living – a \_\_\_\_\_ way: learning to tap into that \_\_\_\_\_ peace.
7. RUN YOUR THOUGHTS THROUGH A \_\_\_\_\_ (v8)
  - \* Take your anxious thoughts \_\_\_\_\_ at source.

GOOD NEWS: Do all that and you get to have v9!

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