

“Worry, Fear, and Anxiety — The Great Distractors:
How To Live a Gospel-Centered Life” (Part 1)
Romans 12:9-21 & Genesis 2:16-17 & 3:5-6

“Faith is not simply affirming something is true but it is also acting on something as if it is true.”

- Defining terms: These things are not virtuous and should be repented of.
 - *Worry*: Allowing one’s mind to dwell on (possible) difficulty, suffering, or trouble, leading to unbelief in God, therefore, leading to disobedience to God.
 - *Fear*: Believing that something or someone is more powerful than God; God is not in control. Letting something or someone control your obedience to God other than God. They are the reason you do or don’t.
 - *Anxiety*: The belief or feeling that God and His commands are untrustworthy in difficulty. He does not have your best interest in mind. He will fail you, disappoint you, or let you down if you obey Him. You will lose out if you trust and follow Him.
- Six primary causes of sinful fear, worry, and anxiety: *(by John Flavel)*
 - *Ignorance*: Darkness causes fear. The more I know God, myself, and the world through His Word, the brighter things become, and the less I will fear other things.
 - *Guilt*: A guilty conscience makes me expect evil things to happen to me and others.
 - *Unbelief*: We don’t believe God is with us and for us when difficulty happens.
 - *Confusion*: It doesn’t make sense to us so therefore it is chaotic. If it is chaotic to me it must be chaotic to God.
 - *Immoderation*: I love comfort, delight, and worldly success more than God.
 - *Satan*: He influences my imagination to see hardship through a magnifying glass. Making problems/circumstances big and God small.
- We must fight for or against these mindsets:
 - The Word of God and the Holy Spirit are sufficient to help me navigate through worry, fear, and anxiety.
 - God’s plan for my life will have undesirable circumstances as a part of it.
 - That worry, fear, or anxiety, is virtuous or a sign of love.
 - Doubt is the soil that worry, fear, and anxiety sprout from. Faith and belief is the soil that strength and peace sprout from.
- *John 16:33 & Isaiah 26:3-4 & John 14:26-27*
 - Our peace and our hope is in Jesus Christ. Our peace is a theological peace that can be emotionally experienced regardless of circumstances.
 - We can be strong and consistent in the midst of tribulation because Christ has overcome the world.
 - Courage and confidence in Christ is a mark of Christianity.
 - The goal of the Christian is to grow in faith and trust and to keep our eyes on Christ (Colossians 3:1-4).
 - We, in Christ, can think properly even when we are feeling fear, worry, and anxiety because we have been given a new mind in Christ (Philippians 2:5).
- *Philippians 4:6-9*
 - We can feel anxiety without believing there is a reason to be anxious. Convictions are held when belief is stronger than emotions. **(continued →)**

Worship: How Great Thou Art (Various Artists)

Glorious Christ (Sovereign Grace Music)

Speak O Lord (The Gettys)

Closing Song: Grace and Peace (Sovereign Grace Music)

Service Times: Sundays: Revelation Class 4/Prayer 4:30/Church 5:30; Tuesdays: (In-Home) Bible Study: Women 6:30/Men 6:30 & 7;

Thursdays: Prayer 6:20/Church 7

- Thankfulness builds our strength against worry, fear, and anxiety. Thankfulness for who God is, what God has done, and what God will do.
 - Thinking about what is true, not how I feel, prepares me to fight worry, anxiety, and fear. God's Word is truth (*John 17:17*) and we must set our minds on Christ (*Colossians 3:1-4*) and the power of the Spirit in our lives (*Romans 8:6*).
 - Practicing what we find in Scripture also builds our strength against worry, fear, and anxiety.
 - Acts 17:2-3 & 11 & Matthew 6:33-34 & Lamentations 3:22-25
 - The legitimacy of my feelings must be tested with Scripture. Is what I am feeling true based on what God has said about Himself, me, and the world?
 - We as people are always tempted to live in what may happen tomorrow. God is God today and tomorrow. What is true today will be true tomorrow about God, me, and the world.
 - The steadfast love towards those in Christ never ceases.
 - God's mercy towards those in Christ never ends.
 - God is faithful, always. He will never stop being faithful to His Word.
 - The Lord will provide everything I need; hope in Him.
 - Waiting on the Lord to deliver shows our dependence on Him (*1 Peter 5:7-10*).
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Announcements:

***Volunteers:** We have a need of volunteers for our CHILDREN'S MINISTRY **and** we are looking for volunteers to help with running sound. If you are a church member and are interested in serving in the CHILDREN'S MINISTRY or have any questions about serving in that ministry, please talk to Kalen and Courtney! If you are interested in volunteering to help with running sound, please see Pastor Jeremy.

***Fellowship Dinner:** We are having a Fellowship Dinner TONIGHT immediately following the worship service. We invite EVERYONE to stay and enjoy the dinner and fellowship with us!

***New Members Meeting:** We will be having a New Members Meeting on Sunday, September 19th, immediately following the worship service. If you are interested in being a member, please plan on attending that meeting. If you have any questions concerning church membership, please see Elder Zach.

***Baptism:** Our next Baptism Service will be Sunday, September 26th. If you are interested in being baptized or have any questions about being baptized, please see Pastor Jeremy or Pastor Joel.

***Communion:** Next Sunday, September 5th, we will be partaking of communion together.