

Quieting an Anxious Heart

Phil 4:4-7 & Matt 6:25-33

What is Anxiety? (the disease)

Anxiety at its root is a lack of faith/trust in God (*Matt 6:30*)

- Lack of faith/unbelief at its deepest level is *separation from God*. *"Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God."* - *Hebrews 3:12*
- The true believer will persevere through the trials of this life (1 Timothy 6:12)

What Does Anxiety do to a Christian? (The symptoms)

1. Anxiety typically makes things worse. *"And which of you by being anxious can add a single hour to his span of life? ...If then you cannot do even a very little thing, why are you anxious about other matters?"* (*Matt 6:27 & Luke 12:26*)

- *"Anxiety in a man's heart weighs him down..."* (*Proverbs 12:25a*)
- *"Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."* (*Matt 6:34*)

2. Anxiety tells you that God doesn't care for you. *"...What shall we eat?" or 'What shall we drink?' or 'What shall we wear?'"* (*Matt 6:31*)

- *"Beware lest you say in your heart, 'My power and the might of my hand have gotten me this wealth.' You shall remember the LORD your God, for it is he who gives you power to get wealth, that he may confirm his covenant that he swore to your fathers, as it is this day. And if you forget the LORD your God and go after other gods and serve them and worship them, I solemnly warn you today that you shall surely perish"* (*Deut 8:17-19*)

3. Anxiety chokes out the Word of God. - *"but the cares of the world and the deceitfulness of riches and the desires for other things enter in and choke the word, and it proves unfruitful."* (*Mark 4:19*)

The Cure for Anxiety (the treatment)

Big picture - *"...the Lord is at hand"* (*Phil 4:5*). *"...waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ."* (*Titus 2:13*)

Daily pressures - *"Seek first His Kingdom and His righteousness and all these things will be added to you."* (*Matt 6:33*)

Worship: His Mercy Is More — *Matt Boswell*

Sovereign Over Us — *Aaron Keyes*

How Great Thou Art — *Various Artists*

Closing Song: Christ Is Mine Forevermore — *CityAlight*

Service Times: Sundays: Sunday School 9am/Prayer 9:45am/Church 10:30am; Mondays: Legacy Practicum **ON SUMMER BREAK**

Tuesdays: Bible Study — Women 6:30pm/Men 7pm; Thursdays: Prayer 6:20pm/Church 7pm

Announcements:

★**DONATIONS:** Please see the August Newsletter for information about our Donation Collection for this month. ***NEXT Sunday is the LAST day for this collection!***

★**FELLOWSHIP LUNCH:** We are having a Fellowship Lunch TODAY immediately following the worship service. EVERYONE is invited to stay to enjoy the food and fellowship with us!

★**END OF SUMMER PARTY:** We are having our annual “End of Summer Party” NEXT Sunday, August 30th, at Andy’s house (1062 National Drive SE; Hebron), starting at 5pm. There will be swimming — weather permitting, but we also ask that you bring yard games and/or board games to play as well. We would love for EVERYONE to join us for this wonderful time of fun, food, and fellowship! There is a sign-up list on the wall in the Entryway, please sign up to bring something for this party!

★**LEGACY PRACTICUM:** On Monday, September 14, 2026 from 6:00-9:00pm, for 10 Weeks, we will study the doctrine of the church “Ecclesiology” and will be taught by Pastor Jeremey Scarberry and Richard Riley, Elder Emeritus. This course is 30 Lecture Hours with a Syllabus provided for each student. You may take the course for credit or for an audit. If interested, let Richard know so we may prepare a Syllabus for you. We will study the following from I and II Timothy and Titus:

- The identity of the Church: The Church is not merely a building but the assembly of believers called by God, united in Christ and indwelt by the Holy Spirit
- The purpose of the Church: Key functions include teaching biblical doctrine, providing fellowship, observing the Lord’s Supper, praying, and spreading the Gospel.

Ecclesiology studies the theological meaning and practice of baptism, communion, and church discipline and the Biblical requirements for an Elder and Deacon.

Ephesians 4:11-13: ¹¹And He Himself gave some as apostles, and some as prophets, and some as evangelists, and some as pastors and teachers, ¹²for the equipping of the saints for the work of service, to the building up of the body of Christ, ¹³until we all attain to the unity of the faith, and of the full knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ.

★*For all other announcements, please see the August Newsletter!*