

Overwhelmed by Anxiety

You Can't Handle This #4 – Pastor Gary Combs – May 10, 2020 – Mother's Day – Philippians 4:4-7

Today's text: Philippians 4:4-7 (ESV) ⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

How to turn to the Lord when overwhelmed by anxiety:

1. Turn your worrying into _____.

Proverbs 12:25, 1 Samuel 30:6, James 1:2

2. Turn your cares into _____.

Matthew 6:31-33, 1 Peter 5:7, 1 Samuel 1:27-28

3. Turn your agitation into _____.

Romans 5:1, Psalm 4:8, Mark 4:38-41