

Message: Win Over Anxiety

Romans 8:37 | Psalm 139:23 | Matthew 6:31-34 | Philippians 4:6-8
John 14:27

Godly definition of the Win: Identity, Purpose, Peace, Power.

A plan to win.

1. I am in Christ.
2. I am in the Word of God.
3. I am empowered by the Spirit.
4. I am actively following Jesus. (Obedience)

What is anxiety/worry?

Understanding two opposites: Worry and Peace

Worry – to give way to anxiety or unease; to treat roughly;
a tearing apart or continual biting.

Peace – to bring unity or harmony; a calm, quiet.

Win over anxiety/worry:

1. Name my anxiety.
2. Release my anxiety to Jesus.
3. Replace anxiety with gratitude and praise..

Notes:
