



**Sermon Outline
October 11, 2020
Pastor Bryan Myers**

Ask For God's Help

Philippians 4:6-7

You weren't created to exist in a state of _____ anxiety.

- * **Anxiety consumes a significant amount emotional energy and monopolizes mental bandwidth.**
- * **Anxiety drains your joy and leaves you stressed, burned out, and exhausted.**
- * **The most common source of anxiety is _____.**
- * **Our minds are good at creating all sorts of _____ scenarios.**
- * **God knew we would experience anxiety and so, He addresses it in _____.**

Matthew 6:34 - Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

1 Peter 5:7 - Cast all your anxiety on him because he cares for you.

How to experience calm in the midst of chaos:

C _____ God's character.

Ask for God's help.

L _____ with eternity as a backdrop.

Meditate on God's truth.

Philippians 4:6-7 - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- * **It's possible to experience anxiety without _____ anxious.**
- * **Anxiety is not the _____ of you.**
The presence of anxiety is unavoidable, but the prison of anxiety is optional. – Max Lucado
- * **You take control over anxiety by choosing prayer over despair.**
- * **You can pray about _____ thing and _____ thing.**
- * **Prayer should be your first route rather than your last resort.**
- * **The terms *prayer, petition, and request* are similar but not _____.**

1) Prayer is the _____ of communication.

Matthew 6:6a - But when you pray, go into your room, close the door and pray to your Father, who is unseen.

2) Petition is _____ in the communication.

Luke 18:13 - But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, "God, have mercy on me, a sinner."

3) Requests are _____ needs.

Luke 18:41 - "What do you want me to do for you?" "Lord, I want to see," he replied.

- * **It's helps to identify _____ you are anxious about and _____ you are anxious about it.**
- * **The more _____ you pray, the more personally God can ease your anxiety.**