



Sermon Outline
October 25, 2020
Pastor Bryan Myers

Meditate on God's Truth

Philippians 4:8

- * *You weren't created to exist in a state of constant anxiety.*
- * *Anxiety affects your mind, body and spirit.*
- * *The most common source of anxiety is uncertainty.*

How to experience CALM in the midst of chaos:

Celebrate God's character.

Ask for God's help.

Live with eternity as a backdrop.

Meditate on God's _____.

- * *Worry is like making payments on debts you don't owe.*

Philippians 4:8 - Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

* **It's important to practice _____ management.**

You can be the air traffic controller of your mental airport. You occupy the control tower and can direct the mental traffic of your world. Thoughts circle above, coming and going. If one of them lands, it's because you gave it permission. If it leaves, it is because you directed it to do so. – Max Lucado

2 Corinthians 10:5 - We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

- * *It is important to think about what you think about.*

* **Let _____ become your medication for anxiety.**

Joshua 1:8 - Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

- * *Meditation isn't about emptying your mind it's about filling it.*

Romans 12:2 - Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

* **God's truth _____ what is true.**

John 8:31-32 - To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."

* **Whenever anxious thoughts catch fire in your mind remember to: Stop, drop and _____!**

Stop allowing your thoughts to _____.

Drop the thoughts that aren't _____.

Roll God's truth around in your _____.

Isaiah 26:3 - You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Five daily anxiety reducing declarations of faith:

- * I believe God is sovereign; I have nothing to _____.
- * I believe God is just; I know evil will be punished and the innocent vindicated.
- * I believe God loves me; I have nothing to _____.
- * I believe God is gracious; I have nothing to hide.
- * I believe God is faithful; I have nothing to _____.

* **Anxiety is the divine invitation to trust God _____ your circumstances.**