



**Sermon Outline**  
**September 23, 2018**  
**Pastor Bryan Myers**

## **Overcoming Worry & Anxiety**

**Romans 8:5-8**

### **Series Theme Verse:**

**Romans 8:37** - No, in all these things we are **more than conquerors** through him who loved us.

### **The world's thoughts on worry:**

*\*Worry is like a rocking chair, it gives your mind something to do but doesn't get you anywhere.*

*\*A day of worrying is more exhausting than a week of work.*

*\*Worry never robs tomorrow of its sorrow, it only saps today of its joy.*

*\*Worry is a down payment on a problem you may never have.*

*\*Worry often gives a small thing a big shadow.*

### **God's Word on worry:**

**Matthew 6:25** - Therefore I tell you, do not worry about your life...

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

**Mark 4:19** - ...but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful.

**Luke 12:25-26** - Who of you by worrying can add a single hour to your life? 26 Since you cannot do this very little thing, why do you worry about the rest?

**Philippians 4:6a** - Do not be anxious about anything...

### **The Great Worry Myth:**

*I can solve my problems by \_\_\_\_\_ about them.*

**To become a spiritual ninja warrior your internal worrier must be \_\_\_\_\_.**

**Take \_\_\_\_\_ every thought.**

**One of the challenges with worry is that it can be \_\_\_\_\_.**

**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.

**Worry has to do with how you've \_\_\_\_\_ to think as well as how you \_\_\_\_\_ yourself to think.**

**Replace thoughts of worry with thoughts of \_\_\_\_\_.**

**Philippians 4:6-8** - 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. 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.

**What if every time you began to worry you turned it into a \_\_\_\_\_ with God?**

**Recognize the difference between worry and \_\_\_\_\_.**

**Worry is powerless. Concern is powerful.**

**Worry is problem focused. Concern is solution focused.**

**Decide who's going to be in \_\_\_\_\_.**

**The greatest power ever bestowed upon mankind is the power of \_\_\_\_\_.**

**The Spiritual Ninja Warrior's Mantra:**

*I'm in charge of \_\_\_\_\_!*