

Don't Let Doubt Take You Out Week 1

"Americans are the most anxious people on the planet."
[World Mental Health Survey]

"Who of you by worrying can add a single hour to his life?"
[Matthew 6:27]

1. Ask God For Help With Our Anxiety

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.
[Philippians 4:6]

-Prayer of Connection-

"Our Father who art in heaven."
[Matthew 6:9]

-Prayer of Supplication-

-Prayer of Thanksgiving-

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving...
[Philippians 4:6]

Enter His gates with thanksgiving; go into His courts with praise.
[Psalm 100:4]

God inhabits the praises of His people.
[Psalm 22:3]

And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.
[Philippians 4:7]

2. Discipline Our Minds To Think 'God Thoughts' & Less 'Human-Centered Thoughts'

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

[Philippians 4:8]

When we fix our thoughts on God, God fixes our thoughts.

Elijah was afraid and ran for his life.

[1 Kings 19:3]

"I am the only one left, and now they are trying to kill me too."

[1 Kings 19:10]

Feel does not equal real

Be careful how you think; your life is shaped by your thoughts.

[Proverbs 4:23 (GNT)]

a. Your thoughts are your choice

b. Your thoughts are powerful

"Anxiety does not empty tomorrow of its sorrows, but only empties today of its strengths."

[C. H. Spurgeon]