

Dr. Jim Schettler
We are More Than Conquerors Series
Conquering Anxiety
(Isaiah 41:10)

Introduction:

- Anxiety has been labeled “The official _____ of our society”.
- The pace of our culture and the absence of God in our lives has left us with feelings of Fear, Apprehension, and _____.
- Anxiety stems from taking on _____ that God should be handling. (1 Peter 5:7)
- Unbelief in God’s sovereignty and goodness has shifted our burdens to _____. The more God is removed from our lives, the greater the stress and weight of life is on us.

WHAT IS THE CONQUERING CURE FOR ANXIETY?

1. Faith in God and His _____ (Luke 8:22-25)

- The Disciples had faith, but not in the right _____.
- Ask yourself 3 questions:
 1. Where is your _____? (Emotions, logic, experience, etc.)
 2. Who are you _____ to? (social media, co-workers, family)
 3. What are you _____ on? (sight, news, google, friends)
- In the Luke 8 story of Jesus, Jesus had clearly promised the disciples they were going to the other _____ of the sea. God’s promises don’t _____ because of storms, situations, suffering, or struggles. Their _____ turned from HIS words to the presents winds of adversity at which time they began to worry, fret, and become anxious. We must find God’s Scriptures as the _____ for our own souls.
- Put your faith in God’s Promises of who HE is and what HE has done in the past.

*What promises from HIS Word have helped you in the past?

*What events in your life have you seen God's protection, provision, and presence?

2. Examine the Fear (Joshua 6:1-16)

- Israel was to walk around Jericho 13 times for them to _____ their fear and realize that only God can and will tear those walls down.
- Many times we have exaggerated the way we saw a situation or thing. _____ the fear and gain knowledge about it.
- Maybe some concern has popped up quickly in our lives and caught us unaware. Take a moment to _____ the immediate worry.
- Do you know of _____ we have passed through this valley or trouble? Speak with them and gain counsel from others who have conquered your same fears. (II Timothy 1:7-12)

*What do you need to research, study, and find out about to conquer it?

3. Attack the Fear _____ on (Daniel 3:15-18)

- Shadrach, Meshach, and Abednego confronted their fear of being thrown into a fiery furnace head on and said to the most powerful king in the world, "...we are not _____ (anxious) to answer thee...." (3:16)! They would not bow, but faced their fear as a soldier going to battle.
- To conquer anxiety, you must _____ and go after your perceived greatest _____ with God's armor on.
- Like learning how to ride a bike, you must _____ and go forward in order to steer the bike. In order to conquer a fear, you have to begin to pedal (take steps) to see _____. God can guide you and help you as you pedal in _____.
- A missionary once said he never would have done anything for the cause of Christ if he had not attacked his _____ and started going right at what he worried about the most. (I Peter 5:7)

*Are you ready to go after your fear head on?

4. Request God for _____ (Psalm 56:3, Philippians 4:6)

- When should you _____ out to God for help?
~When you're: afraid, stressed out, overwhelmed, burdened, unable, _____!
- How should you cry out to God for help?
 1. With Scriptures on your tongue (Psalm 34:6-8)
 2. With Hope in your heart (Lamentations 3:22-26)
 3. With Christ in your vision (Hebrews 12:2,3)
- Why should you cry out to God for help?
 1. He _____ you! (1 John 4:16-18)
 2. He _____ you to (Philippians 4:6)
 3. He is _____ (Ephesians 3:20)

Stop Freaking Out and Start Conquering with:

1. _____ in God and His Word.
2. _____ the Facts.
3. _____ your fear head on.
4. _____ God for help.