

Message Outline
November 14-15, 2026
Pastor Bryan Myers

Why We're All Anxious

*** People have all kinds of thoughts about anxiety:**

Anxiety is the interest we pay on troubles we haven't even borrowed yet.

Anxiety is when you spend the entire day worrying about something that only takes five minutes to solve or never happens at all.

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

A potentially discouraging declaration concerning anxiety: _____.

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.

** You can experience anxiety without becoming _____.*

Keeping anxiety from becoming anxiousness requires:

1. Understanding it's cause – _____.

*** Anxiety is the byproduct of a _____ about a potential outcome we're unsure of.**

* Concern is highlighting something that's important to you. Where you go with that and what you do with it determines the impact it will have on you.

Proverbs 12:25a - Anxiety weighs down the heart…

2. Recognizing it for what it is – the awareness of a _____.

*** Worrying about what we have no _____ over is going to generate feelings of helplessness.**

** Satan would like us to focus and fixate on what we can't control to the point that we lose the ability to do anything about what we can control.*

3. Accepting what it's intended to do – alert us to our _____.

** Worry is carrying a burden that God never intended you to carry alone.*

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

** What if the enemy wants to use your anxiety to draw you away from God? But what if God wants to use your anxiety to draw you into deeper intimacy and dependence on Him?*

2 Corinthians 1:8-9 - We do not want you to be uninformed about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself…But this happened that we might not rely on ourselves but on God, who raises the dead.

*** The _____ is experienced in the presence of God.**

Psalm 46:1 - God is our refuge and strength, an ever-present help in trouble.

*** A new response to anxiety:**

Stop, _____, & _____

Never be afraid to trust an unknown future to a known God. – **Corrie ten Boom**

A new understanding and paradigm of anxiety:

Anxiety is my _____ to invite God's presence and provision into the uncertainties in my life and entrust Him with my future.