

Message Outline
November 21-22, 2026
Pastor Bryan Myers

Where Anxiety Comes From

Does worry really work?

I know worrying works, because none of the stuff I worried about ever happened. **– Will Rogers**

The False Assumptions of Anxiety:

1. The _____ of control.

Luke 12:25 - Who of you by worrying can add a single hour to your life?

**** Anxiety often focuses on things we _____ control – the future, other people, and certain outcomes.***

- The scene: Saul faced a situation he couldn't control.

- 1 Samuel 13:5–14

- The stumble: Saul tried to _____ his anxiety by taking control.

- The danger: Anxiety can cause us to make _____ we wouldn't otherwise make and could regret.

- The consequences: Saul's anxiety-driven decision had long-lasting consequences.

- The application: Don't ever let _____ make your decisions for you.

Three clarifying questions:

1. *What am I anxious about that I can't control?*

2. *What am I tempted to do because I'm anxious?*

3. *Where am I allowing anxiety to have greater influence over me than my trust in God?*

Psalm 27:14 - Wait for the Lord; be strong and take heart and wait for the Lord.

2. The _____ of self-reliance.

**** Anxiety is heightened when we put more confidence in our ability to figure things out than in God's ability to lead us through them.***

Proverbs 3:5-6 - Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.

*** Because we want understanding BEFORE we trust, we often approach God with stipulations:**

God, show me what's going to happen, and then I'll trust You.

God, explain why this is happening, and then I'll have peace.

God, let me see how this is going to work out, and then I'll stop worrying.

*** Anxiety usually _____ when we lean on our own understanding.**

- **The problem:** *We mistake thinking about something for having control over it.*

- The danger: *We assume that if things aren't working out the way we hoped, something must be wrong.*

*** Anxiety will often _____ an area of our life that we haven't surrendered to God.**

John 19:11a - Jesus answered, "You would have no power over me if it were not given to you from above."

*** We experience transcending _____ only when every area of our life is submitted to God.**

Life doesn't just happen _____ us.
It also happens _____ us.

F_____ R_____ O_____ G_____