

October 17, 2021 | Jimmy Evans

Series: I Changed My Mind.

Title: I Changed My Mind About Worry and Anxiety

Subtitle: Transformed Living Through The Power of Truth

Romans 12:1-2

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Conform = Sushchematizo = Fashion alike

Transform = Metamorphoo = Transform; change

John 8:31-32

Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free."

1. Fear - A negative emotion caused by a real or perceived threat to our wellbeing.
2. Anxiety - To be uneasy and nervous about an event, person or problem I cannot control.
3. Worry - To mentally dwell on difficulty or trouble; chronic concern.

Change Your Mind About Worry and Anxiety

- A. They aren't normal and inevitable. They aren't harmless or helpful.
- B. They distract me from God and the special people in my life.
- C. They rob my joy and the happiness of my life.
- D. They exist because I allow them to exist!

How to Overcome Worry and Anxiety

1. Consider them as agents of the enemy to destroy your life and rob your joy.
2. Turn every anxious and worrisome thought into a prayer until victory!

Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

3. By faith, believe and confess that God is your loving Dad and He will always care for you.

Matthew 6:31-34

"Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.