

Extreme Makeover Series

“Anxiety Makeover”

Matthew 6:25-34

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Introduction:

- A. How many people here this morning would like to learn to _____ _____?
- B. Good news: God can help us _____ our anxiety.
- C. What I don't want to convey today is: dealing with anxiety is _____.
- D. Worry is a lot like a _____ _____ - you want it to go away, but it keeps hanging around.
- E. I also don't want to fall into the trap of giving simplistic _____ or simplistic _____ to dealing with anxiety.

I. What is Worry?

- A. Webster defines worry as: “to feel uneasy or anxious; to torment oneself with or suffer from disturbing thoughts; to fret.”
- B. There is a God-given _____ and _____ for this emotion.
- C. For some people worry becomes such a problem that it is classified as Generalized Anxiety Disorder (GAD).
- D. Important distinction: Worry is different from _____.

II. What Causes Us to Worry?

- A. Life is _____.
- B. The future is _____.
- C. We are not in _____.
- D. _____.

III. What is the Solution for Worry?

- A. Remember that worry _____ _____.
- B. Remember that _____ _____ about you.
- C. Remember to put _____ things _____.
- D. Remember to take _____ one _____ at a time.
- E. Remember to _____ about _____.