

sermonnotes

CALM – Part 1 – (Celebrate)



Peace is not the _____ of problems, but the _____ of Jesus. In a world filled with anxiety, we don't have to live anxious.

The presence of anxiety is _____, but the prison of anxiety is _____.

Philippians 4:4–8

Confronting Anxiety

- ◆ Celebrate God's goodness. *"Rejoice in the Lord always."* Vs. 4
- ◆ Ask for God's help. *"Let your requests be made known to God."* Vs. 6
- ◆ Leave your concerns with Him. *"With thanksgiving..."* Vs. 6
- ◆ Meditate on good things. *"Think about such things..."* Vs. 8

Celebrate. Ask. Leave. Meditate. C.A.L.M.

Celebrate God's Goodness

Paul's prescription for anxiety begins with a call to rejoice. Vs. 4

1. Rejoice in God's _____.

- Sovereignty is the term the Bible uses to describe God's perfect control and management of the universe. Proverbs 21:30, Hebrews 1:3

- The problem is not _____ that God is sovereign. The problem is _____ as if God is sovereign.

2. Rejoice in the Lord's _____. Ephesians 2:4–5

- Guilt generates anxiety, while God's mercy and grace _____ us, bringing us to a place of peace. Psalm 32:3–4

3. Rejoice in the Lord _____. Philippians 4:4

- When the pressure of life is caving in on you, you can worry or you can worship. If you worry, you feed the anxiety. If you worship, you feed your faith. Worry makes the _____ big, and worship makes _____ big.

"When you walk through the valley of the unknown you will find the footprints of Jesus both in front of you and beside you." Charles Stanley

Resource: *Anxious for Nothing* by Max Lucado

Answers: absence, presence; unavoidable, optional; sovereignty; convincing people, living; mercy; frees; always; problem, God



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