

SERMON SERIES: Peace Over Anxiety
SPEAKER: Scott Beckenhauer
DATE: March 29, 2020



Note: During this time, check out our website at Calvary.ch for ways to stay connected and keep serving God. This is an important time for our church family to show the love of God to those in need. Even if we cannot meet together or spend time in person with friends, we can seek ways to stay connected and to reach out to others.

Key Line

The path to peace is paved with prayer.

Introduction

During this confusing time in our world, we can feel consumed with anxiety and fear. We must learn how to replace anxiety with peace.

The number one health issue for women in the US is anxiety. The number two for men is anxiety. With Covid-19, anxiety can increase.

Anxiety can be chemical, situational, and spiritual. Often it is a combination of all of those. Counseling and medication can be very useful in helping that.

- What have the attitudes toward both counseling and medication been in our culture in the past been?
- How have they changed?
- How have those attitudes affected you personally?

Seek the Word

Read Philippians 4:4-9.

- In verse 6, what does Paul say we should be anxious about? (*Nothing*)
- Scott compared anxiety to the check engine light in your car. He said when it is on, the light itself is not the problem. It's what is causing the light to come on. What should we do when we see the light come on? (*Take the car to an expert to see what is causing the light to come on.*) What should we do when we feel anxiety? (*Go to the expert to see what is happening in us that causes anxiety. We take our anxiety to God in prayer.*)

This verse contains three important words: prayer, petition, and request. Prayer is bringing yourself and your anxiety to God. Petition is telling God what you think you need. Request is specifically asking him for something.

- Why is it important to be specific with your request to God? *(Being specific gives us a chance to talk through and think about our problems. We don't deny them or try to ignore them. We bring them out and hand them to God.)*
- Why do our requests matter to God? *(Our concerns matter to God because we matter to God.)*
- Why is it important to get to the root of what causes anxiety? *(It helps us understand why we feel the way we do and then to begin healing from those things that cause us anxiety.)*

Talk About It

- Read and write the Lord's Prayer in Matthew 6:9-13.
- Write down 2-3 things that are causing you anxiety.
- Write down why those things make you anxious.
- Write down specifically what you want God to do about those things.
- Share those things with someone: your small group, your friend, your family.