

# Transformational Thinking

## “Replacing Worry with Faith”

### HELPFUL SCRIPTURES

Philippians 4:4–7

Matthew 6:27

### SERMON NOTES

## **I. Worry Divides and Distracts Our Mind**

### **A. The Meaning of Anxiety:**

1. “Anxiety”/Worry: means being divided, distracted, or pulled in different directions.

2 Corinthians 11:28

Exodus 14:11

## **II. Faith Rejoices in the Lord**

### **A. Christian joy is rooted in the Lord.**

Philippians 4:4

- B. Rejoicing redirects our attention.** Worry concentrates our minds upon what might happen. Rejoicing concentrates upon who God is.

Psalms 4:5

## **III. Faith Remembers That the Lord Is Near**

### **A. Anxiety can affect how we treat others.**

Philippians 4:5

Psalms 34:8

James 5:8

## **IV. Faith Replaces Anxiety with Prayer**

**A. Phil. 4:6, “Be anxious for nothing, but in everything by prayer and supplication...”**“

Matthew 6:34

1 Peter 5:7

2 Chronicles 20:12, 15

Psalms 5:22

## **V. Faith Trusts God with the Outcome**

**A. Faith does not demand a particular answer.**

Matthew 26:39

2 Corinthians 12:9

Ephesians 2:8

Proverbs 3:5

## **VI. Pitfalls to Avoid**

**A. Pretending that faithful Christians never experience anxiety.**

**B. Telling worried people simply to “stop worrying”**

**C. Confusing faith with denial**

**D. Expecting prayer to remove every uncomfortable feeling immediately**

**E. Using worry as a substitute for responsibility.**

**F. Trying to control other people.**

## **Invitation and Final Challenge**

Ephesians 2:8-9

Romans 6:4