



“Anxious for Nothing”

Wed August 12, 2026

I. **Philippians 4:6-7**

A. Anxiety

1. A reaction to stress; a feeling of worry, fear, or unease about what may happen next.
 - Rapid heartbeat, lack of sleep, health problems
 - Muscle tension, shaking, restlessness and on edge – the feeling of not being in control.
2. Bible – To take care or to take thought

B. The Fear Factor

1. **Luke 21:25-28**
2. Anxiety is attempting to control the world...this is Satan's ploy to keep people bound. Most people have adapted to stress and just made it a part of their daily lives. Worry solves nothing, changes nothing, and only steals the joy of living today.
3. *The COVID-19 lockdowns, social isolation, and academic disruptions doubled baseline rates of clinical anxiety and depression among teenagers globally. Studies show nearly 1 in 3 teens now experience diagnosable anxiety symptoms, driven by lost social milestones, constant digital connectivity, and pervasive uncertainty about the future.*

II. How to Overcome

A. **I Peter 5:6-7**

1. The place of peace begins at the place of submission.
2. Once you are submitted, then you will have the power to give any problem to God!

B. **II Corinthians 10:4-5**

1. This is how faith works; this is how to be in control.
2. Every thought must be brought into submission to the Word of God.
3. How? SPEAK the WORD! – Jesus said it this way in **Matthew 6:31** “take no thought saying...” – Don't give power to your thoughts by speaking them out loud! (Don't be afraid, Only believe!)