

# MESSAGE OUTLINE

July 2, 2023

**Series: Soul Care**

**Message: Dealing with Anxiety**

**Scripture:** Philippians 4:5-8

**Other Verses:** Psalms 6 & 42

*Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things (Philippians 4:8).*

*"You always go in the direction of your strongest thoughts."*

**Anxiety is a B\_\_\_\_\_ of the M\_\_\_\_\_**

**Romans 8: 5-6** For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

**Romans 12:2** Do not be conformed to this world, but be transformed by the renewal of your **mind** ...

**Colossians 3:2** Set your **minds** on things that are above, not on things that are on earth.

**1 Peter 1:13** Therefore, preparing your **minds** for action, and being sober-**minded**, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.

## What can we do about it?

1. We can P\_\_\_\_\_ about it.

2. We can remind ourselves of God's G\_\_\_\_\_ in the past.

3. We can put ourselves C\_\_\_\_\_ into God's hands.

*Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God (Psalm 42:11).*

## Future Messages:

<b>JULY</b>	9	Soul Care – How to handle GRIEF	Psalms 13 & 30
	16	Soul Care – Why is CONFESSION so important?	Psalms 32 & 51
	23	Soul Care – Why is it important to WORSHIP?	Psalms 30 & 103
	30	<b>FOUNDATIONS SUNDAY</b> – Science & Faith	Psalms 19:1, Romans 1:19-20

