

OVERCOME ANXIETY

SEPTEMBER 5, 2021

WORSHIP

In Control,
Jesus Son of God,
Great are You Lord

WELCOME

What kind of thoughts and emotions have filled your heart and mind lately? Why do you think that is so?

WEEKLY PRAYER POINTS

I. Thanksgiving

- Worship God for who He is, what He has done, and what He will do in our lives

II. Country and the World

- Upright and moral governance of Public Servants A God-centered Philippines
- Repentance and Salvation

III. Church

- That CCF Members would honor and love God and make disciples
- Elders, Pastors, Leaders, and Families
- Ministries and Churches worldwide

IV. CCF Facilities

- Worship and Training Center
- Prayer Mountain

V. Personal Concerns

- Deeper intimate relationship with God
- Righteous living
- Salvation of family and friends

WORD

READ IT! PSALM 42

As the deer pants for the water brooks, so my soul pants for You, God.² My soul thirsts for God, for the living God; When shall I come and appear before God? ³ My tears have been my food day and night, while they say to me all day long, "Where is your God?" ⁴ I remember these things and pour out my soul within me. For I used to go over with the multitude and walk them to the house of God, with a voice of joy and thanksgiving, a multitude celebrating a festival. ⁵ Why are you in despair, my soul? And why are you restless within me? Wait for God, for I will again praise Him For the help of His presence, my God. ⁶ My soul is in despair within me; Therefore I remember You from the land of the Jordan and the peaks of Hermon, from Mount Mizar. ⁷ Deep calls to deep at the sound of Your waterfalls; all Your breakers and Your waves have passed over me. ⁸ The LORD will send His goodness in the daytime; and His song will be with me in the night, a prayer to the God of my life. ⁹ I will say to God my rock, "Why have You forgotten me? Why do I go about mourning because of the oppression of the enemy?" ¹⁰ As a shattering of my bones, my adversaries taunt me, while they say to me all day long, "Where is your God?" ¹¹ Why are you in despair, my soul? and why are you restless within me? Wait for God, for I will again praise Him For the help of His presence, my God.

PARAPHRASE IT!

Restate the verses in your own words.

TALK ABOUT IT!

- What did you like about these verses?
- What did you learn about God?
- What did you learn about the people?
- How does this psalm help you deal with worries and anxiety you may have as a spouse, parent, single adult, or as a young person?

POINT IT OUT!

1. REALIZE

(Psalm 42:4-5; Matthew 6:25-28)

2. ROOT

(Psalm 42:5;11)

3. RECALIBRATE

(Proverbs 23:7;2 Corinthians 10:3-5; Romans 12:2)

4. RECOGNIZE

(Psalm 42:5; Philippians 4:6-7; Romans 8:28; Psalm 138:8)

WORKS

APPLY IT!

Based on this lesson on LIFE DETOX: OVERCOMING ANXIETY, write down your action point to apply what you learned. Make it your "I will..." statement and follow the S.M.A.R.T. guideline to come up with a do-able action point.

Simple

Measurable

Appropriate

Realistic

Time-bound

"I will _____

SHARE IT!

Who will you share these truths to this week?

PRAY CARE SHARE IN ACTION

Pray for and with people around you who have legitimate concerns due to their circumstances especially in this pandemic. Extend whatever help you can and encourage them to surrender their worries and anxious thoughts to God. Share how they can place their faith and trust in Jesus, the only One who gives perfect peace in our troubled world.

MEMORY VERSE

Psalm 42:5

⁵ Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him for the help of His presence.