

OVERCOMER

Eight ways to live a life of unstoppable strength, unmovable faith, and unbelievable power

His Design | August 25, 2019

LESSON 4: Overcoming Anxiety with Peace

INTRODUCTION: _____

Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; EPHESIANS 6:14-15

Therefore being justified by faith, we have peace with God through our Lord Jesus Christ: ROMANS 5:1

Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you. 1 PETER 5:6-7

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. JOHN 14:27

These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world. JOHN 16:33

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. PHILIPPIANS 4:7

1. How Are You _____?

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. PHILIPPIANS 4:6-7



Quote: “If it is big enough to worry about, it is big enough to pray about.”

Quote: “Pray, and let God worry.”—Martin Luther

Quote: “Think of worry as a prayer alarm. Every time it goes off, you put it to prayer.”—Mark Batterson

A. _____ prayer

A—ADORATION

C—CONFESSION

T—THANKSGIVING

S—SUPPLICATION

B. _____ prayer

And he spake a parable unto them to this end, that men ought always to pray, and not to faint; LUKE 18:1

And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen. MATTHEW 6:13

2. What Are You _____?

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. PHILIPPIANS 4:8

For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee. PROVERBS 23:7

Quote: “You probably know this, but in case you don’t, I am so thrilled to give you the good news: you can pick what you ponder. You didn’t select your birthplace or birth date. You didn’t choose your parents or siblings. You don’t determine the weather or the amount of salt in the ocean. There are many things in life over which you have no choice. But the greatest activity of life is well within your dominion. You can choose what you think about. You can be the

air traffic controller of your mental airport. You occupy the control tower and can direct the mental traffic of your world. Thoughts circle above, coming and going. If one of them lands, it is because you gave it permission. If it leaves, it is because you directed it to do so. You can select your thought pattern... It turns out that our most valuable weapon against anxiety weighs less than three pounds and sits between our ears. Think about what you think about!”

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. ISAIAH 26:3

3. Who Are You _____?

Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you. PHILIPPIANS 4:9

4. Where Are You _____?

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof. MATTHEW 6:34

Give us this day our daily bread. MATTHEW 6:11

Thy shoes shall be iron and brass; and as thy days, so shall thy strength be. DEUTERONOMY 33:25

5. When Will You Find _____?

Now the Lord of peace himself give you peace always by all means. The Lord be with you all. 2 THESSALONIANS 3:16

CONCLUSION: _____

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