



FAITH FULL

FUELING YOUR FAITH IN A WORLD ON EMPTY

KEEP BELIEVING!

KEEP FIGHTING!

KEEP PERSPECTIVE!



*Therefore,
since we are surrounded by
such a great (huge) cloud of witnesses,
let us **throw off everything that hinders**
(let go of every wound that has pierced us)
and the sin that so easily entangles.*

Hebrews 12:1 NIV



EVERYTHING THAT **HINDERS**

- Unhindered by **Anxiety**
- Unchained from **Religion**
- Unleashed from **Lies**
- Untangled from **Unbelief**





FAITH FULL

FUELING YOUR FAITH IN A WORLD ON EMPTY

MESSAGE 4: UNHINDERED BY ANXIETY

DON'T YOU CARE?



THE AGE OF ANXIETY

*The average **child today** exhibits the same level of **anxiety** as the average **psychiatric patient** in the **1950s**.*

*Anxiety can be a **crippling** force in our **lives**.*

*Symptoms of anxiety include **fears, nervousness, irritability, sleeplessness, and feeling overwhelmed**. It can cause **breathing difficulties, chest pain, concentration problems, digestive issues, memory loss, headaches and muscle tension**.*

After presenting his research on anxiety, Dr. Leahy concluded,

*“We live in the **Age of Anxiety** ...*

*We’ve become a **nation of nervous wrecks**.”*

Robert Leahy, Ph.D.: Anxiety Free (2009)



*From Peter,
an apostle of Jesus the Anointed One,
to the **chosen ones** (believers)
who have been **scattered** like “**seed**”
into the nations like **refugees** ...
You are **not forgotten**,
for you have been **chosen** and **destined** ...
Pour out (**cast**) all your worries (**anxiety**) and stress
upon him (Jesus) and **leave them** there,
for he **always** tenderly **cares** for you.*

1 Peter 1:1-2 & 5:7 TPT



TRANSFER THE WEIGHT (ANXIETY)



*Chemistry is chasing Christianity
as the nation's largest religion.
Indeed, millions of Americans who, in times of personal crisis,
and emotional and mental anguish,
once turned to priests, ministers and rabbis
for keys to the heavenly kingdom,
now go to physicians and psychiatrists,
who hold the keys to the kingdom of pharmaceutical relief,
or to drug dealers and liquor stores,
as chemicals and alcohol replace the confessional
as a source of solace and forgiveness.*

Joseph Califano: High Society



DIFFERENT WEIGHTS

➤ The Unknown



*“So don't **worry** about **tomorrow**,
for tomorrow will **bring its own** worries.
Today's **trouble** is enough for **today**.”*

Matthew 6:34 NIV



DIFFERENT WEIGHTS

- The Unknown
- The **Unlikely**



*The **greater** my (human) **wisdom**,
the greater my **grief** (discontent).
To **increase** (human) **knowledge**
only increases **sorrow** (grief).*

Ecclesiastes 1:18 TPT



DIFFERENT WEIGHTS

- The Unknown
- The Unlikely
- The Uncontrollable



SERENITY PRAYER

*“God grant me the **serenity**
to **accept** the things I **cannot** change,
the **courage** to change the **things** I can,
and the **wisdom** to know the **difference.**”*

Reinhold Niebuhr (1932)



HOW DO WE CAST OUR ANXIETIES?

*Humble yourselves, therefore
under God's mighty hand
(set aside self-righteous pride)
that he may lift you up in due time.
(leaving the timing in his hands)
Cast all your anxiety (worries and cares)
on him (God) because he cares for you.*

1 Peter 5:6-7 NIV



HOW DO WE HUMBLE OURSELVES?

- Cast our anxiety on God.
- Stop obsessing with our image.
- Ask God or one another for help.
- Surrender control to God!



*Do not be **anxious** (worry) about **anything**,
but in **every** situation (**circumstance**),
by **prayer** and petition, with **thanksgiving**,
present your (faith-filled) **requests** to God.
And the (wonderful) **peace** of God,
which **transcends** all understanding,
will **guard** your **hearts** and your **minds**
(as you live) **in Christ Jesus**.*

Philippians 4:6-7 NIV



DISCOVERY BIBLE STUDY

How to build an enduring, go the distance faith ...

THE BOOK OF HEBREWS

Read Hebrews 4: 1-16 (3-6 Translations)

DBS: Hebrews 4:1-3; 9-13

(Three-Column Study)

