

Introduction: “There’s a Monster Under My Bed”

- A Lesson from Our Little Ones
- What exactly is anxiety?
- What causes anxiety?
 - Fear of the Future
 - Conflict in the Present
 - Regrets over the Past
- How does anxiety affect us?

How Can We Overcome Anxiety?

Taming the Anxiety Monster

Philippians 4:6-7 (NIV)

⁶*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*

⁷*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Nothing be anxious about

But in everything

-by prayer

-by petition

-with thanksgiving

-the requests of you let be made known to God.

And the peace of God



(surpassing all understanding)

will guard the hearts of you

and

the thoughts of you

in Christ Jesus.

Personal Notes

- **The Commands = The What?**

1. Negatively =

2. Positively =

- **Four Key Words = The How?**

- 1.

- 2.

- 3.

- 4.

- **The Promise = The Why?**

- 1.

- 2.

Summary = _____ is God's antidote to anxiety.

To tame the anxiety monster we must remember the following word picture...

When _____ pounds at the door of your heart,

let _____ answer it!

Discussion Questions:

1. Discuss the opening illustration concerning "monsters under the bed." What is it that our children need from us, which we, likewise, need from God?
2. How does anxiety produce stress? What are the issues in your life that are "strangling" and "stressing" you mentally and emotionally?
3. Discuss God's antidote to anxiety. Discuss how each **key word** directs us to respond to stress and anxiety.
4. How will you put this message into practice? Who will help/encourage you in your battle to tame the anxiety monsters in your life?