

INTERNAL ENEMIES

WEEK 3 // ANXIETY

DANNY ANDERSON

There are things **inside** of us that can do far more damage to us than anything **outside** of us.

Anxiety: extreme uneasiness of mind or brooding fear about something that may or may not happen

“Anxiety is the new depression, with more than half of American college students reporting anxiety. Recent research shows anxiety—characterized by constant worry and fear—is now 800% more prevalent than all forms of cancer.” — Joseph Mercola

“What if” is the language of anxiety.

Anxiety is completely unproductive .

“And which of you by being **anxious** can add a single hour to his span of life?” *Matthew 6:27*

What is the root cause of anxiety?

“And why are you **anxious** about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of **little faith**?” *Matthew 6:28-30*

The root cause of anxiety is a lack of faith .

Do not be **anxious** about **anything**, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the **peace** of God, which transcends all understanding, will **guard** your hearts and your minds in Christ Jesus. *Philippians 4:6-7*

"What you allow to occupy your mind will sooner or later determine your feelings, your thoughts, and your actions."
— Daniel Amen & Lisa Routh

1. You must see Jesus as fully competent .

“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father **feeds** them.

Are you not much **more valuable** than they?" *Matthew 6:26*

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. *Psalm 46:1-3*

2. You must come to a deep conviction that God is good .

Taste and see that the Lord is **good**. Oh, the joys of those who take refuge in him! *Psalm 34:8*

3. You must trust that God is sovereign .

And we know that God causes **everything** to work together for the **good** of those who love God and are called according to his **purpose** for them. *Romans 8:28*

You keep in perfect peace all who trust in you, all whose thoughts are fixed on you! *Isaiah 26:3*

Will you trust God?

To further explore and apply this message with your small group, visit eclife.org/groups to access this week's group discussion questions.

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EVENTS & OPPORTUNITIES

Full list of events and registration is available at eclife.org's **EVENTS** page

Night of Worship

An opportunity for us all to raise our voices and hands in praise to God! Childcare is available for children ages 0-3. \$10 per child.

When: Thursday, October 3, 7:00pm

Where: Greenwood Campus Auditorium

Impact 101

Did you know that God has given you—yes YOU!—unique talents and abilities? Maybe it's making others feel welcome, brewing up a perfect cup of coffee, teaching kids, or knowing the ins and outs of production. No matter your gift, the Impact Team has a spot for you! Connect with us at Impact 101, your first step to joining the Impact Team. Learn more and register at eclife.org/impact-101. (Childcare is provided.)

When: Monday, October 7, 6:30pm

Registration is required.

VERB

Designed to help 7th-12th grade students connect with God and with one another, each month's VERB focuses on a different theme that will help students grow in their relationship with Jesus. Students will experience a friendly, welcoming environment that is both fun and encouraging.

When: Sunday, October 27, 6:00pm

Where: Greenwood Campus E-Café & Auditorium

The 1824

Join us for an environment created specifically for young adults: 18* to 24 years old. Each month, we gather for worship, teaching, and a chance to chat with others facing similar unique life experiences.

When: Thursday, October 31, 7:00pm

Where: Greenwood Campus Fieldhouse

**18-year-old attendees must be graduated seniors.*