

Be of a Sound Mind
Anxiety: Vigilance Gone Viral

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

A _____ thought, which hurries the mind hither and thither, and _____; which disturbs _____ in God, and is a damp upon our hope in him; which _____ of ourselves, of our friends, and of what God has given us. A distrustful, unbelieving thought.

Matthew Henry

1. In Creation, we were _____. *Genesis 1:28-30*

- _____
- _____
- _____

2. Sin made us _____.

- _____ *Genesis 3:7-8*
- _____
- _____
- _____

3. _____ from the Fall Produces Anxiety.

- a. _____ Brokenness
- b. _____ Brokenness
- c. _____ Brokenness

4. Brokenness Produces _____.

- _____ *Matthew 6:25-34*
- Feel _____ (General or _____)
- _____ Scanning (Won't _____)
- Paralyzing _____ (_____ Atheism)
- _____ Responses (_____ Misfiring)
- Emotional _____ (Bouts of _____ Responses)

5. Spiritual Exercises to _____ Anxiety

- Trust in _____ than yourself. Trust in God who is _____ of that trust.
- _____ and _____. (_____)
- Have a quiet place of _____. Learn to _____.
- Identify your _____ and _____ & _____ them. (_____)
- Read, Pray & _____ through God's _____. *Phil.4:6.*
- Participate instead of _____. (_____)
- Evaluate and Communicate _____.