

ANXIOUS FOR NOTHING

When You've Had Enough

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⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, 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.

Philippians 4:4-7 NIV

³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴ while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."

1 Kings 19:3-4 NIV

1. Common mistakes we make when we've "had enough"

- We run ourselves into the ground
- We shut people out
- We focus on the negative
- We forget God

2. The possible results of our anxiety

- It doesn't happen
- It happens but is not as bad as we thought
- It's happens and it's bad, but God carries us through

Next Steps:

- Commit to attend the rest of this series (or watch on our Youtube channel)
- Learn to deal with my anxiety better by changing my perspective and remembering "God is near"
- My most common mistake when I've "had enough" is _____
- Read Philippians 4:4-7 every day this week
- _____