

- ♦ “by his wounds you have been _____.” 1 Peter 2.24

C.A.L.M. CHRISTIANS ASK
A.C.T.S. PRAYING

- ♦ _____ : Esteem, Respect, Worship, Love
 - ◇ The _____ of your prayer is _____.
- ♦ _____ : Admission, Acknowledgment, Revelation
 - ◇ _____ rejected for _____
- ♦ _____ : Appreciation, Gratitude, Obligation, Recognition
 - ◇ His _____ replaces our weakness.
- ♦ _____ : Ask, Appeal, Petition, Plea
 - ◇ Putting your _____ into words

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Either Or

- ♦ The Mind cannot be full of _____ and full of _____ at the same time.
- ♦ The parable of the Sower.
- ♦ “Still others, like seed sown among thorns, hear the word; but the _____ of this life, the deceitfulness of wealth and the desires for other things come in and **CHOK**E the word, making it unfruitful.” Mark 4.19
- ♦ How do we keep the _____ of this life from taking over and removing our joy and relationship with God?

Stress' Negative Effects

- ♦ Dr Don Joseph Goewey says in his book “The End of Stress”
- ♦ “The _____ hormones that _____ dumps into your brain have been linked to shrinking brain mass, lowering your IQ, being prone to heart disease, cancer and premature aging, predicting marital problems, family dysfunction and clinical depression, and making seniors more likely to develop dementia and Alzheimer’s.”

The End of Stress

- ♦ Study shows that _____ of what we worry about NEVER happens.
- ♦ With the remaining _____ that did happen 79% found they could handle it better than expected or the difficulty taught them a lesson worth learning.

- ◆ So _____ of what they worried about is just their fearful mind punishing you with exaggerations and misperception.
- ◆ Five hundred years ago, Michel de Montaigne said: “My life has been filled with terrible misfortune; most of which _____ happened.”

Jesus and Worry

- ◆ “Therefore I tell you, do not _____ about your life... Mat. 6.25
- ◆ Who of you by _____ can add a single hour to his life? Matthew 6.27
- ◆ “And why do you _____ ... Mat. 6.28
- ◆ “So do not _____ ... Mat. 6.31
- ◆ “Therefore do not _____ about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” Mat. 6.34

Worry is not Logical

- ◆ The part of the brain that causes stress reactions literally has the intelligence of a _____ .
- ◆ Neuroscientist tell us there are neurological reasons the best way to handle this is to _____ the brain from worry.
- ◆ That may be good advice for a _____ but it is not the best way for an _____ to handle Stress, Anxiety or Worry.
- ◆ Distractions during the day do not work at _____ when you need to be sleeping and instead everything comes back to haunt you.

Replace Worry

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4.6

- ◆ Do not be anxious about anything = an _____ statement about worry. This is not a suggestion.
- ◆ This is not about _____ your problems or being _____ about life.

- ◆ Paul tells them to not worry but instead to replace it with _____ , _____ and _____ .
- ◆ _____ = Praise & Adoration & Worship
- ◆ _____ your _____ with _____
- ◆ This is _____ your life to the positive and away from the negative.
- ◆ _____ or Supplication = this is about our needs or a particular need. It is about humbling yourself and asking for help.
- ◆ _____ your _____ with _____
- ◆ This is about _____ your control or lack of control to God Almighty.
- ◆ _____ 1 Peter 5.6
- ◆ _____ or the simple act of asking God.
- ◆ Replace your _____ with _____
- ◆ Jesus said “_____ and it will be give.” Luke 11.9
- ◆ You do not have, because you do not _____ God. James 4.2

Cast all your anxiety on him because he cares for you.
1 Peter 5.7

- ◆ _____ to throw off or _____
- ◆ ALL there are no exceptions we hold on to
- ◆ _____ Anxiety _____ Stress _____ worries
- ◆ ON _____, Jesus Christ the Son of God
- ◆ _____ he cares for you. He know you personally. Jesus knows your name.
- ◆ When Jesus _____ and died on the cross it was not just to forgive your sins.

