

BEYOND SUNDAY



SERMON DATE • APRIL 28, 2024

Missed the sermon? Watch [here](#).

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This guide offers a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own or use it in a group and experience transformation together.

MESSAGE THEME

Steps to Overcoming Anxiety in Your Life

PRAYER FOCUS

Father, I'm grateful for the gift of life and the opportunities that come with each new day. I thank You for the Holy Spirit who speaks to me, and I pray that I may learn to recognize Your voice and follow Your guidance. When I feel anxious, I'm thankful for Your peace, which surpasses all understanding. You're a mighty God and worthy of all praise. In Jesus' name, I pray, amen.

KEY TRUTHS

Anxiety and stress have become widespread in our culture, but we were never intended to deal with them. God desires to heal every aspect of our lives and provide us with peace. However, peace is not the absence of problems or challenges. To better understand God's meaning of peace, we can refer to Matthew 7, which speaks of a wise man who built his house on the rock and a foolish man who built it on sand. We may overlook that both encountered a storm, not just the foolish man who lost his house. Doing things God's way doesn't change the external storm, but it changes how we handle the situation. When we allow the storm to enter our lives, it will negatively impact us.

When we fix our eyes on Christ, it changes how we feel. Our culture highlights unhappiness and attempts to solve it with things that won't help. They display what we need to be happy and offer it for a price. Complaining

is a verbal confirmation of negative focus. Our brains confirm what we think we know. So, if we believe we're right, wrong, or unhappy, our brains intervene to prove it. We tend to concentrate on the negative when in a bad mood. The solution is to retrain our minds by focusing on Jesus and giving thanks.

Giving our worries and concerns to God involves more than simply writing them on a boomerang, throwing them away, and hoping they will eventually return to us resolved. Instead, it means entrusting them to God for good. It's not about the weight of our worries but about who bears the burden. Where we place our focus determines how we ultimately feel; therefore, by shifting our focus to God, we can find peace even through storms.

During the storm in Matthew 14, Peter gets out of the boat to walk to Jesus. The moment he moves his eyes from Jesus to the storm, he begins to sink. Therefore, keeping our gaze on God to have peace in our lives is crucial. It changes our perspective when we start praising Him instead of worrying about the tempest. Our minds cannot run in two different directions simultaneously. Instead of focusing on what we may have lost, we should look at what God is doing in our lives.

PRACTICAL APPLICATION

Our emotions can either guide us or mislead us. If we let our feelings take control, they tend to reinforce themselves and intensify. For instance, when we are upset we can fall into the habit of listening to sad music or pulling back from life around us, and it starts a cycle of sadness. However, we can choose to direct our emotions towards positivity and take steps to enhance our mood.

We should reflect on the things that bring us joy and seek God's Truth. However, when we feel less than ideal, it significantly helps us to stand firm in the joy of the Lord and concentrate on His truth. By doing so, we can build our house on the rock and find the strength and hope we need to overcome any storm that comes our way.

REFERENCE VERSES

- John 14:27, 8:36
- Matthew 7:24-27, 14:23
- Psalms 103:1-3
- 2 Corinthians 10:5
- Philippians 4:6-9
- Isaiah 26:3
- 1 Peter 5:7

DECLARATIONS

If I focus on God, I will experience His peace.

When my emotions are negative, I will remember God's Word and meditate on the positive.

As I go through storms, I will weather them with God's wisdom and strength.

WHAT'S NEXT?

Now it's time to write down anything the Lord has spoken to you. Praise Him, thank Him, and ask the Holy Spirit to help you walk this out.



*If hearing God or anything mentioned in this study is new to you then we invite you to take the Next Step.
Further information can be found at reslife.org/nextsteps*