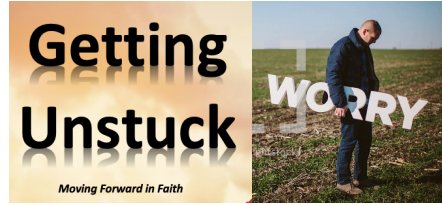


Getting Unstuck From Worry & Anxiety



Welcome to the NewDay Worship Service today!

We invite you to reflect on the words from
as we enter into worship...

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.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble,
whatever is right, whatever is pure, whatever is lovely, whatever is
admirable—if anything is excellent or praiseworthy—think about such things.

⁹ Whatever you have learned or received or heard from me, or seen in me—
put it into practice. And the God of peace will be with you.

Philippians 4:6-9

"Worrying is carrying tomorrow's load with today's strength
- carrying two days at once. It is moving into tomorrow ahead of time.

Worry does not empty tomorrow of its sorrow,
it empties today of its strength."

Corrie Ten Boom, Clippings from My Notebook

READ: Luke 12:22-31

²² Then Jesus said to his disciples: "Therefore I tell you, do not worry about
your life, what you will eat; or about your body, what you will wear. ²³ For
life is more than food, and the body more than clothes. ²⁴ Consider the
ravens: They do not sow or reap, they have no storeroom or barn; yet God
feeds them. And how much more valuable you are than birds!

Q: What does Jesus use "birds" as his illustration of how he cares for us?

Are not five sparrows sold for two pennies? Yet not one of them is forgotten
by God. Indeed, the very hairs of your head are all numbered. Don't be
afraid; you are worth more than many sparrows. Luke 12:6-7

²⁵ Who of you by worrying can add a single hour to your life?

²⁶ Since you cannot do this very little thing, why do you worry about the
rest?



Q: What do you worry about and how damaging is
worry to our physical, mental, emotional, and spiritual
health?

Q: What is the "Umbrella Effect" and how can this help us?

REFLECT: How do we get unstuck from worry and anxiety?

1. The first step in getting unstuck from worry is to specifically name what..._____

Don't worry about anything; instead, pray about everything. Tell God what you need... (Philippians 4:6)

2. The second step to get unstuck from worry is to THINK about the blessings he has given you and THANK...



...and thank him for all he has done.

⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6-7

3. The third step in getting unstuck from worry is when you displace your worries by finding and reflecting on...

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8

CONCLUDING REMINDER...

²⁷ "Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. ²⁸ If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! ²⁹ And do not set your heart on what you will eat or drink; do not worry about it. ³⁰ For the pagan world runs after all such things, and your Father knows that you need them. ³¹ But seek his kingdom, and these things will be given to you as well. Luke 12:27-31

Respond & Apply: Individual & Small Group Discussion Guide

Write down anything in your life and what you see around you that is good, true, honorable, right, and lovely. Look for the people in your life you are thankful for. Remember situations where God provided for you. Do you find your list growing or shrinking with time?

Share with others about some of the best moments in your life. Discuss: How has being thankful or looking for the good around you helped you get unstuck from worry?

What are some of the ongoing things you do that free you from worry and anxiety?

Getting Unstuck – Moving Forward In Faith

- September 4 – Getting Unstuck from Guilt & Shame (John 4:1-42)
- September 11 – Getting Unstuck from Trying to Measure Up (1 Samuel 4:1-11)
- September 18 – Getting Unstuck from Worry & Anxiety (Philippians 4:6-9)

NewDay Worship Service Location Update

Thank you for your faithful prayers as the NewDay Leadership Team has discerned God's leading us to continue to meet at Taco Jed on Sunday mornings for Worship until the end of May, 2023.

NewDay Envisioning Our Ministry Values

- 1. We are a community that has a passion to serve others.**
- 2. We are a community that longs for deeper life relationships with God and others.**
- 3. We are passionate about investing in children, youth, and families.**
- 4. We are a people who have a desire to be led by and experience the power of the Holy Spirit in everyday life.**

FIND OUT MORE... [newdaycov.org](http://www.newdaycov.org)
(Online giving: <http://www.newdaycov.org/give>)