



Series: The Anxiety Opportunity

Sermon: Part 1: A Surprising Opportunity

Date: Sunday, September 14th, 2025

When has anxiety gotten the best of you and how did you handle it?

Anxiety: an emotion characterized by apprehension (meaning fear) and somatic symptoms of tension (meaning relating to the body) in which an individual anticipates impending danger, catastrophe, or misfortune. The body often mobilizes itself to meet the perceived threat: Muscles become tense, breathing is faster, and the heart beats more rapidly. (American Psychological Association)

“Americans are among the most stressed people in the world.” (Gallup, 2019)

Common Views of Anxiety By Christians:

- “Anxiety as an obstacle”

- “Anxiety as irrelevant”

(Chang, The Anxiety Opportunity)

If our mental health is indeed connected to our spiritual health, then our anxiety can be the very space where we _____ with Jesus and become more like Him.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

“Now and Not Yet” People: A now and not yet person is described by Paul as being a person who is currently living in this world dealing with the effects of sin and _____ but they are also being transformed into the likeness of Christ now.

Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me Heavenward in Christ Jesus. All of us, then, who are mature should take such a view of things. (Philippians 3:12-15)

But our citizenship is in Heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, who, by the power that enables Him to bring everything under His control, will transform our lowly bodies so that they will be like His glorious body. (Philippians 3:20-21)



Whatever I am facing now that contributes to my anxiety is _____ disconnected to my future glory with Christ. This means that our “not yet” body of glory will be transformed from our “now” body of struggle.

Our anxieties and struggles now are invitations and the doorway to our intimacy with God and the transformation He uses for our lives.

The “now” is the current Earth that we live in and the “not yet” is _____, our future permanent home.

Paul saying “do not be anxious” is not a condemnation, but rather an encouragement to understand our anxiety within the broader context of our spiritual growth with the “now and not yet” perspective.

Think of our anxiousness as a _____ to God.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:7)

Bottom Line: *If our mental health is indeed connected to our spiritual health, then our anxiety can be the very space where we connect with Jesus and become more like Him.*

Questions to reflect on this week or with others:

1. *What are you currently anxious about and why?*
2. *When it comes to your anxiety, how does it manifest in your body? What do you currently do to try to cope with your anxieties?*
3. *How is your current anxiety an invitation to “go there” to Him? What can that look like practically?*
4. *How does having the perspective of “now and not yet” help you to see your anxieties as building blocks towards transformation and Christlikeness?*

Songs used in service: Behold The Lamb (Passion & Kristian Stanfill), Trust In God (Elevation Worship), Firm Foundation [He Won't] (Cody Carnes), Jireh (Maverick City Music & Elevation Worship), God So Loved (We The Kingdom)

Any prayer requests?

-----Tear Here -----

Name _____ **Date:** _____ **Email:** _____

What can we be praying for you about?