



Series: The Anxiety Opportunity

Sermon: Part 2: What Do I Fear Losing?

Date: Sunday, September 21st, 2025

Anxiety is the fear of loss.

When we worry about something and our fears don't actually materialize, our minds can mistakenly _____ the act of worrying with preventing negative outcomes.

4 Common Beliefs About Worry That Compel Us To Continue Worrying:

- 1. If I worry, it will prevent bad things from happening**
- 2. It's safer if I worry**
- 3. I show I care by worrying**
- 4. Worrying motivates me to do something and solve problems**

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?" (Matthew 6:25)

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:34)

"For the pagans run after all these things, and your Heavenly Father knows that you need them." (Matthew 6:32)

Learning to make this shift from desiring what we want to happen in the future to desiring _____ our Heavenly Father is and what He wants for our lives, is a critical step towards spiritual growth for any follower of Jesus.

Instead of having them focus on all that God will do for them, Jesus helps them focus on Who their Heavenly Father is now; the One who is present and Who knows their very needs.

Our anxiety reveals the true nature of our desires.

Breaking Free From The Pattern Of Worrying About The Future

1. Practice being _____

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your Heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ... If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will He not much more clothe you- you of little faith?" (Matthew 6:26-28,30)



Jesus says to leave the future and all our what if's of the future and focus on being present with Him now.

Don't allow the worries of the future to hijack the beauty of our present and how God has _____
for us thus far.

"Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the Earth."
(Psalm 46:10)

2. The _____ and mindful breath

*"Peace be with you! As the Father has sent Me, I am sending you." And with that He breathed on them and said,
"Receive the Holy Spirit." (John 20:21-22)*

*...the Earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over
the waters. (Genesis 1:2)*

Ruach Elohim: _____ of God

"But seek first His Kingdom and His righteousness, and all these things will be given to you as well." (Matthew 6:33)

Bottom Line: *When we are fully present to God and His creation now we don't have to be anxious about
the future.*

Questions to reflect on this week or with others:

1. *Take a moment to think about something that you are currently worrying about. Then ask yourself:
"When it comes to this specific worry, what is it that I fear losing?"*
2. *When it comes to your life do you find yourself seeking the blueprint of your life or the Giver of the
blueprint? Are you seeking His hand or seeking His face?*
3. *What next step can you take this week to practice being present or practice purposeful and mindful
breathing? How will this allow you to be fully present to God and His creation so you don't have to be
anxious about the future?*

*Songs used in service: Hymn of Heaven (Phil Wickham), Come Jesus Come (CeCe Winans), Lord, I Need You
(Matt Maher), I Surrender All [All I Am] (Caleb + Kelsey), Build My Life (Pat Barrett)*

Any prayer requests?

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

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

What can we be praying for you about?