

## Faith Crisis: How To Avoid A Nervous Breakdown Philippians 4:4-9

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Fear/Worry is one of the biggest strongholds in the hearts and lives of Christians today. The dictionary defines WORRY as the "Division of the \_\_\_\_\_."

If you are going to overcome Fear/Worry, you have to do three things:

1. RE-\_\_\_\_\_ your spiritual fire.
  - Rediscover your \_\_\_\_\_ (vs. 4 – *"Rejoice in the Lord, always."*)
  - ✓ The source of our joy is the abiding \_\_\_\_\_ of Jesus Christ.
  - ✓ Everyday joy is an act of \_\_\_\_\_. There is no way you can worship and worry at the same time!
  - \_\_\_\_\_. (vs. 5 – *"Let your gentleness be known to all men."*)
  - \_\_\_\_\_. (vs. 5 – *"The Lord is at hand."*)
  
2. RE-\_\_\_\_\_ your energy. (vs. 6 - *"Be not anxious about anything, but in everything by prayer, supplication, with thanksgiving make your requests be made known to God."*)
  - Don't be worried about \_\_\_\_\_, but to pray about \_\_\_\_\_.
  - It means that in prayer you \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_.
  - God can \_\_\_\_\_ what is \_\_\_\_\_!
  
3. RE-\_\_\_\_\_ your \_\_\_\_\_ (vs. 8 – *"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."*)

Is your spiritual fire being put out because of worry and fear?

- I commit to placing myself in the presence of Jesus every day.
- I commit to placing what is broken in my life in the hands of Jesus Christ in prayer.
- I commit to reading God's Word so the truth of God can change my current patterns of thinking.