

Breathe
Week 2
Breaking Free from Anxiety

Introduction:

- Focus on where your peace and purpose come from, not just on stewardship and hard work.
- Key Scriptures:

Psalms 131 — time to grow up to go up.

Matthew 6:25-34

Main Theme:

- God's presence and peace are our responses to anxiety.
- Anxiety is often rooted in our focus—past, present, future.

Study on Worries (2011):

- **Past (40-60%):** Unchangeable, events already occurred.

What can you do about the past? Forgive yourself, forgive others, entrust it to Jesus, and acknowledge that you cannot change it.

- **Present (25-35%):** Some controllable (reactions, decisions), some not.

What to do? Obey God, worship, pray, give thanks, do your part.

What not to do? Trying to change others or control everything.

- **Future (10-20%):**

In your power: Sow good seed.

Not in your power: Worry about what you cannot change.

Encouragements:

- Isaiah 43:1-2 — Trust God through waters, fire; He is with us.
- Colossians 3:1-3 — Set your mind on things above, where Christ is.

Thoughts & Mindset:

- Direction of your thoughts influences your perspective.
- “Where you think from will determine what you think of.” - Are you thinking from the valley or the throne?
- 2 Corinthians 10:5 — Take captive your thoughts, make them obedient to Christ.
- Isaiah 26:3 — Steadfast trust brings peace.

Strategies Against the Enemy:

- The devil aims to shift our focus from Christ's love.
- Romans 8:35-39 — Nothing can separate us from God's love.
- Philippians 4:4-9:

Rejoice always.

Present requests with thanksgiving.

Focus on positive, noble, lovely thoughts.

God's peace will guard your heart and mind.

Perspective & Focus:

- The bigger Jesus gets in your vision, the smaller problems look.
- Perspective is about where you are standing in relation to the object of your focus.
- "God is bigger than your need, bigger than your enemy, and bigger than you."

Psalm 1 & Maturity:

- Deliberate about who influences you.
- Roots in God represent maturity and stability.
- The importance of being planted, trusting, standing tall in faith.

Application:

- We need trees planted at Calvary for Orlando—symbolizing stability and trust.
- We need to move from the anxious to the faithful.
- Be a filter—positively influence your environment.

Altar Call:

1. For salvation.

2. Help me see Jesus more. Be bigger in my eyes, Lord Jesus.