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September 4, 2016

The Fear of Losing Control

Key Scripture: 2 Timothy 1:7

Anxious Heart Assessment

- I. Do you get rattled when things don't go as expected?
- II. Do you often worry about things that are beyond your control?
- III. Do you lose sleep over pressing issues?
- IV. Is it hard to turn off your mind?
- V. Does the unknown intimidate you?
- VI. Do you often imagine the worst case scenario?

The reality about control:

We've never been in control, we aren't in control now and we will never be in control!

1. We must take our minds off of the speculation that produces fear

(Luke 21:14)

- a. Worry never changes anything for the better *(Matthew 6:27)*
- b. Satan's tool of fear is meant to deter you from God's best

(Jeremiah 10:5-6)

2. Put your mind on the promises of faith *(Isaiah 26:3)*

Faith bring peace

Worry brings fear

Faith brings you closer to God

Worry draws you away from God

Faith changes things

Worry changes nothing (for good) *(Philippians 4:6-7)*