

# Sermon Guide

## The King is Here: The Cure For Anxiety

This last Sunday, Laura Sharp taught us through Luke 12v22-34 and Jesus' famous words on worry.

If pride says I have enough, I don't need to trust God; worry says, will I have enough? I'm afraid to trust God.

No matter which way you spin it, worry is a trap. It lies to you about who God is and how He wants to care for you. In this passage we are invited into a lifestyle that kills worry - to consider Father's great love and provision for us, and to place all of our hope and treasure in knowing Jesus.

It will cost us everything, but what could we possibly sacrifice that would amount to the value of knowing Him? We long for that precious day when we will get to be with the Treasure of our hearts.

### Go Deeper.

Our desire is that every person would be empowered to have a deep and intimate relationship with God. We want people to not just hear a word on a Sunday, but get activated in whatever the Holy Spirit is doing throughout the week. The guide is a tool for you to dive deeper into what God is doing in you and through you as an ambassador of the Kingdom.

You can work through these activations and questions on your own or in a group setting. If you are doing them in a group, take turns leading. After each activation, take time to pray into whatever the Holy Spirit is speaking. It is also encouraged to have a journal and Bible with you.

For each activation focus will be key. We become like what we give our attention to, and one of the best ways to worship is to focus. Often we will ask that you close your eyes, if this helps you focus, then great, if it's something else that helps you focus, then do that.

Before each activation, take a moment to be still before the Lord. These are not exercises to rush through or items on a to-do list to check off. They are invitations to commune with God and to go deeper. Turn your attention toward Him and invite Him into this time.

# Activation #1

Before working through the activations, read through Luke 12:22-34.

Worrying is imagining the future without God in it.

Take a moment to ask “God, where has my worry made me believe that you are not trustworthy?”

Once something comes to your mind, put it before the Lord and ask Him to show you why He can specifically be trusted in this area.

Pray and invite Him to bring next steps to take in connection with Him as you move out of this place of worry.

# Activation #2

We believe that what we do in the physical will impact the inner world of our souls.

Take some to invite the Lord to speak into the places and possessions in your life that you need to submit back to Him. This could look like a physical possession that you need to give away or an area of your life that needs to be submitted back to Him.

Once you have identified what those things are, set them before the Lord and pray this prayer, “God, everything I have is yours. I set my physical possessions before you to do whatever you want with them. I give you my time, money, physical possessions, and relationships for your glory!”

# Ways to Pray

- For people to have open and obedient hearts.
- For breakthrough in the areas of anxiety, depression, and other mental illnesses.
- For our church and our town to get a fresh revelation of Jesus and make Him the treasure of our hearts.