



# Scripture



Look for our event!

**Philippians 4:6-9**

# When the World Overwhelms You

10/25/2020

# COVID Stats:

- 31% reported symptoms of anxiety or depression disorders
- 26% trauma/stressor-related disorder symptoms
- 13% started or increased substance abuse
- 11% seriously considered suicide; ages 18-24, 26%!
- Overall, 41% reported at least one adverse mental or behavioral health condition; ages 18-24, 80% (CDC, 8/14/20)



**I. The Impossible Command:  
Do Not be Anxious!**

**II. The Improbable Solution: Prayer**

**Matthew 6:8 -**

The Father knows what you need before you  
ask Him

## **II. The Improbable Solution: Prayer**

### **Matthew 6:31-32 -**

Do not be anxious, saying, “What shall we eat?” or “What shall we drink?” or “What shall we wear?” for the world seeks all these things, but your heavenly Father knows that you need them all.

## II. The Improbable Solution: Prayer

**I Peter 5:7 -**

Cast your cares upon Him, for He cares for you.



## **II. The Improbable Solution: Prayer**

### **Romans 8:31-32 -**

What then shall we say to these things? If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

### **III. The Incomparable Promise: Peace**

**Isaiah 26:3 -**

God will keep him in perfect peace whose mind is stayed on Him, because he trusts in Him.



### **III. The Incomparable Promise: Peace**

**John 14:27 -**

"My peace I give to you; my peace I leave with you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."

### **III. The Incomparable Promise: Peace**

**Psalm 55:22 -**

Cast your burden upon the Lord, and he will sustain you. He will never allow the righteous to be shaken.

# **IV. The Daily Practice: Think Healthy Thoughts**

**II Corinthians 10:5 -**

Take every thought captive to the obedience of  
Christ!



"My mind was greatly engaged to spend my time in reading and meditating on Christ, on the beauty and excellency of His person, and the lovely way of salvation by free grace in Him. I found no books so delightful to me, as those that treated of these subjects... (and in the Scriptures) words which sweetly present the loveliness and beauty of Jesus Christ. In reading such words, I found from time to time, an inward sweetness that would carry...

me away, in my contemplations... The sense I had of divine things, would often of a sudden kindle up, as it were, a sweet burning in my heart; an ardor of soul, that I know not how to express.”

**~Jonathan Edwards**