

Anxiety Antidotes - Pt 2

by Pastor Cary Nack

Grab a bible, a pen and print a copy of this handout.

Its Palm Sunday!

SCRIPTURE

Php. 4:10-13; 1 Ti. 6:6-8

EXPOSITION

Anxiety Antidote #2 - Becoming _____.
(Php. 4:10-13; 1 Ti. 6:6-8)

DQ: Before this pandemic hit our nation, what are some things in your life you believed you COULD NOT live without? OR What things did you believe you HAD TO HAVE in order to be happy?

A. He separated his _____ from his _____. (vs. 12)

“Christian contentment is that sweet, inward, quiet, gracious frame of spirit, which freely submits to and delights in God’s wise and fatherly disposal in every condition...

...So this is the art of contentment: not to seek to add to our circumstances, but to subtract from our desires.”

Jeremiah Burrows

The Rare Jewel of Christian Contentment

B. He maintained an _____. (1 Ti. 6:6-8)

DQ: Now that you have more time on your hands with this pandemic, what is the Lord reminding you is MORE important than all the stuff you mentioned in the first question?
(Hint: Think about things that are important to God in His Word.)

DON’T WASTE YOUR QUARANTINE!

Turn back to Philippians 4:13

APPLICATIONS...

(1)

| Needs | Wants |
|-------|-------|
| | |
| | |
| | |

(2)

As you close your time of family bible study, pray for these things...

- Thank the Lord for specific needs He has met in your life
- Ask Him to provide for those who have lost jobs or income because of the pandemic, especially those in our church (see Ga. 6:10)
- Pray that our church would come through this pandemic spiritually deeper and stronger than we were before