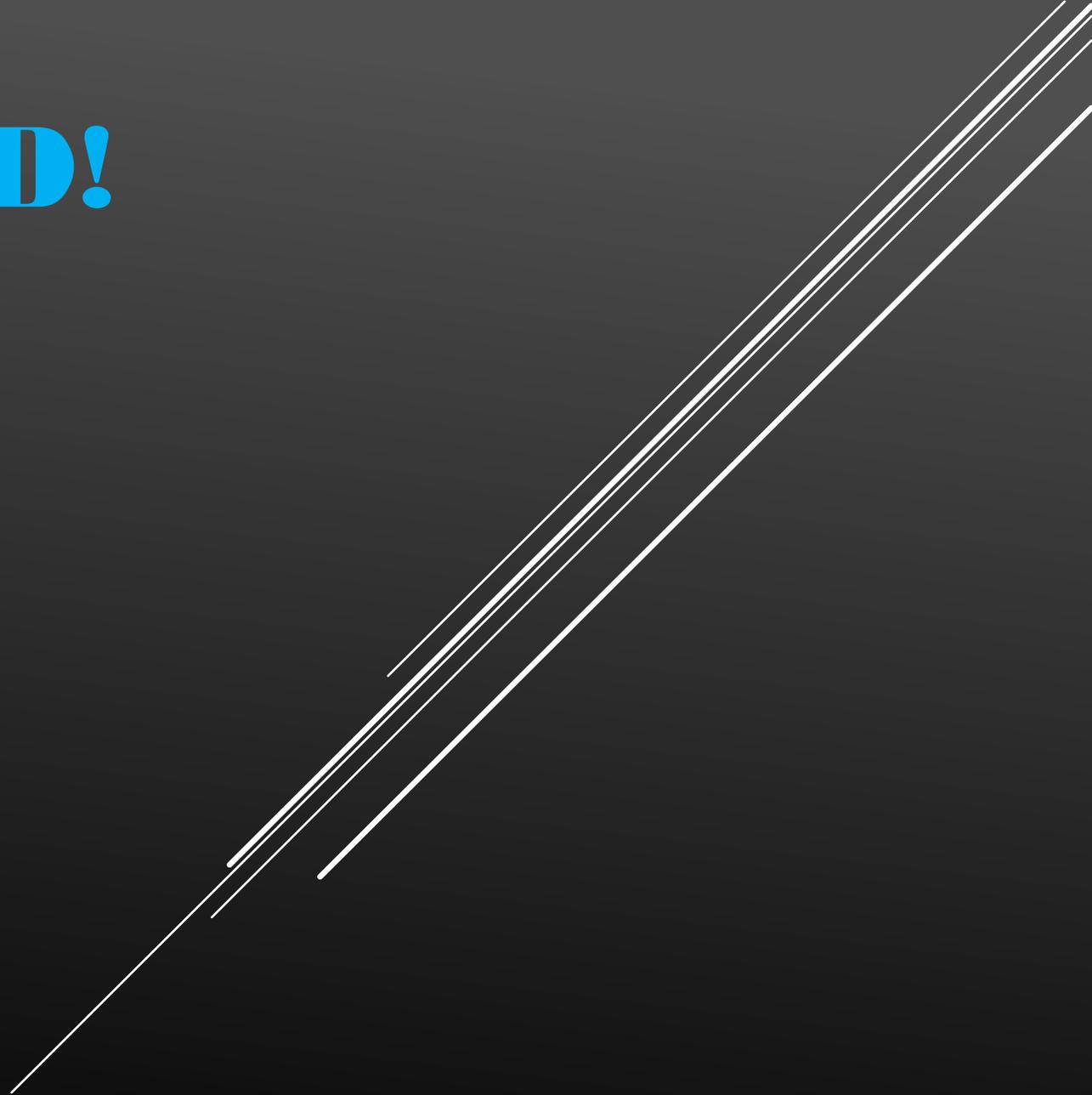


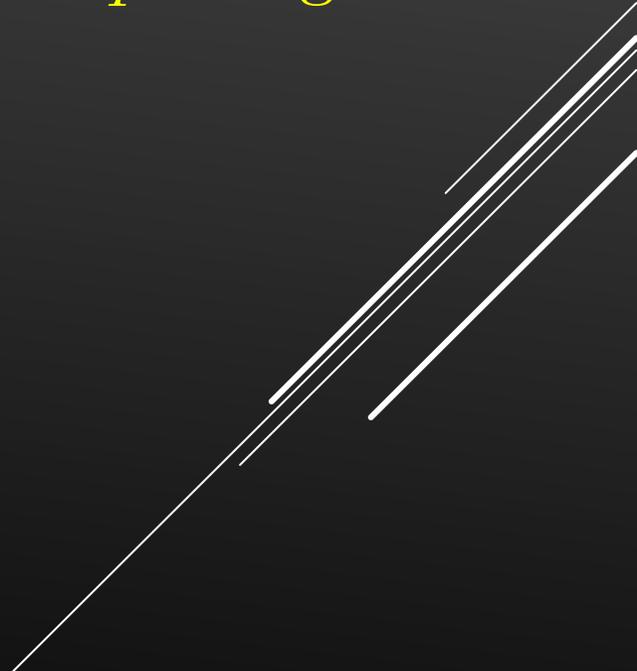
BE PREPARED!



I. PREPARE YOUR PANTRY

Proverbs 22:3 (NLT2)

A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences.

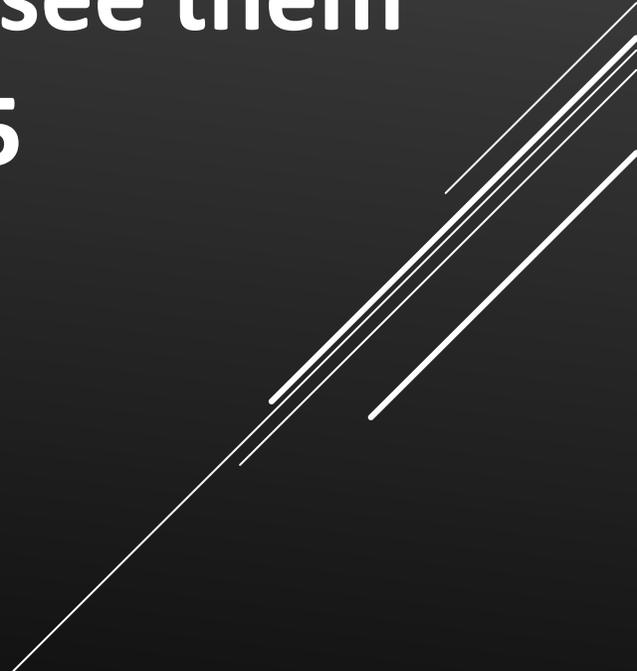
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II. PREPARE YOUR HEART

Resist Fear by Trusting Father



“Let us become accustomed to recollect ourselves during the day and in the course of our duties, by a single look toward God, let us thus quiet the movement of our hearts, as soon as we see them agitated.” Francois Fenelon – 1651-1715



Psalm 121:1-8 (NKJV)

¹ I will lift up my eyes to the hills-- From whence comes my help?

² My help comes from the LORD, Who made heaven and earth.

³ He will not allow your foot to be moved; He who keeps you will not slumber.



*4 Behold, He who keeps Israel Shall neither slumber nor sleep.
5 The LORD is your keeper; The LORD is your shade at your right hand.
6 The sun shall not strike you by day, Nor the moon by night.
7 The LORD shall preserve you from all evil; He shall preserve your soul.
8 The LORD shall preserve your going out and your coming in From this time
forth, and even forevermore.*



A. What does anxiety do?

It steals our peace.

Philippians 4:6-7 (NKJV)

⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

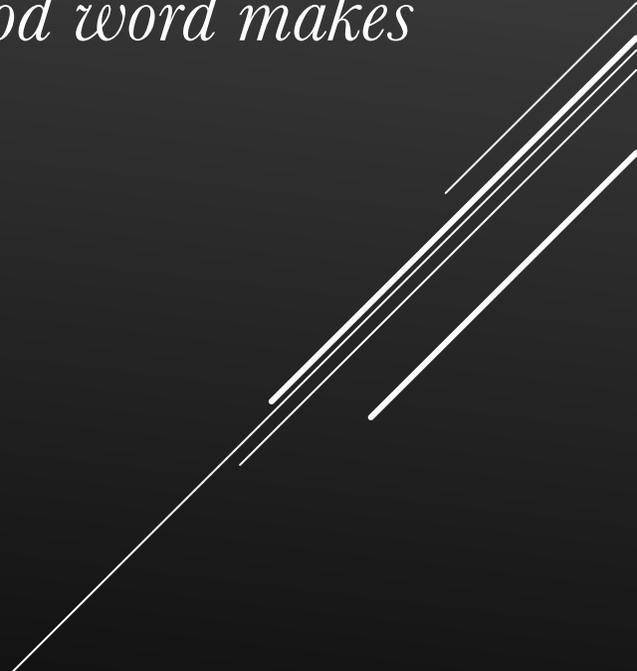


B. What does anxiety do?

It causes depression.

Proverbs 12:25 (NKJV)

²⁵ Anxiety in the heart of man causes depression, But a good word makes it glad.



C. What does anxiety do?

It can cause us to make unwise decisions.

King Saul's life I Samuel 13 - 28

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C. What does anxiety do?

It can cause us to make unwise decisions.

1 – Fear caused Saul to disobey regarding the offering of sacrifices 1 Samuel 13:5-14

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C. What does anxiety do?

It can cause us to make unwise decisions.

Disobedience regarding Amalek

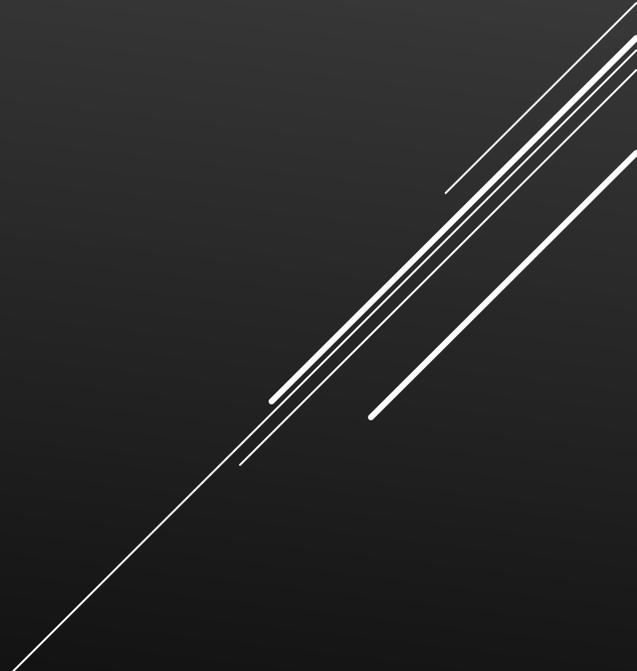
²⁴ Then Saul admitted to Samuel, “Yes, I have sinned. I have disobeyed your instructions and the LORD’s command, for I was afraid of the people and did what they demanded. ²⁵ But now, please forgive my sin and come back with me so that I may worship the LORD.”

1 Samuel 15:24-25

C. What does anxiety do?

It can cause us to make unwise decisions.

3. Saul feared Goliath allowing a youth (David) to meet him in battle. I Samuel 17



The consequences of Saul's fearfulness:

1 Samuel 16:14-16 (NLT2)

¹⁴ Now the Spirit of the LORD had left Saul, and the LORD sent a tormenting spirit that filled him with depression and fear.

¹⁵ Some of Saul's servants said to him, 'A tormenting spirit from God is troubling you.'



C. What does anxiety do?

It can cause us to make unwise decisions.

4. Saul's final act of fear cost him his life.

1 Samuel 28:3-25, 13:1-13 (NLT2)

³ Meanwhile, Samuel had died, ... And Saul had banned from the land of Israel all mediums and those who consult the spirits of the dead.



⁴ The Philistines set up their camp...⁵ When Saul saw the vast Philistine army, he became frantic with fear.

⁶ He asked the LORD what he should do, but the LORD refused to answer him, either by dreams or by sacred lots or by the prophets.

⁷ Saul then said to his advisers, “Find a woman who is a medium, so I can go and ask her what to do.” His advisers replied, “There is a medium at Endor.” ...



D. What does anxiety do?

If we allow anxiety to rule our lives, it can eventually kill us.



E. What does anxiety do?

It robs us of power, it robs us of love, it robs us of mental stability.

2 Timothy 1:7 (NKJV)

⁷ For God has not given us a spirit of fear, but of power and of love and of a sound mind.



Psalm 56:3 (NKJV)

³ Whenever I am afraid, I will trust in You.

