



**Big Idea:** Peace comes when we bring our worries to God.

**Primary Scripture:** Philippians 4:6–7 NLT

**Supporting Scripture:** 1 Peter 5:7 NLT, Psalm 55:4–5 NLT, I Kings 19:4 NLT, Psalm 56:3 NLT, Matthew 8:23-27 NLT, Galatians 6:2 NLT

### **CAPTURE (Why should students pay attention to and care about your message?)**

I remember a season in my life where anxiety felt like it was running the show. For me it was middle school.

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It wasn't one big dramatic thing. It was the everyday stuff. I'd lie in bed at night with my mind racing. Did I study enough for my test? What if my friends are mad at me? What if I totally blow it tomorrow? What if I don't get invited to whatever is going on?

During the day, I'd plaster on a smile, but underneath I was carrying this invisible weight. I'd get these knots in my stomach and even silly little things, like not knowing where to sit in the cafeteria, would feel overwhelming. The hardest part was that I thought I was the only one. Everyone else looked so confident, like they had it all together, while I was drowning in "what ifs."

How many of you have ever felt anxious, like when your heart is beating out of your chest before a test, or you're lying in bed at night replaying a conversation you had earlier, wondering if you said something dumb? Or maybe you've scrolled Instagram and suddenly felt like everyone else's life is way better than yours.

Yeah. That's anxiety.

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And the truth is: we all feel it.

Some of you feel it before sports games. Some of you feel it when you're trying to figure out who to sit with at lunch. Some of you feel it every time

you open your grades online. Some of you feel it when you think about your future. And some of you feel it in ways you can't even explain.

Anxiety is like an unwelcome guest. It shows up whether you invite it or not. It whispers things like, “You’re not good enough. What if you fail? What if they don’t like you? What if everything falls apart?”

And here’s the thing: anxiety feels like it’s in control. It feels like it’s driving the car of your life and you’re just holding on for dear life in the passenger seat.

But what if anxiety doesn’t have to win? What if you don’t have to stay up at night with your thoughts running in circles? What if you don’t have to feel like you’re drowning in worry every time life gets hard? What if peace, like real peace, was possible?

That’s what God promises. And today, we’re going to look at one of the most famous passages in the Bible about anxiety, and we’re going to see how God meets us right in the middle of our worries.

### **SCRIPTURE (What does God’s Word say?)**

Our main verse today comes from Philippians 4:6–7.

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“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” Philippians 4:6–7  
NLT

Okay, let’s be real. When Paul says, “Do not be anxious about anything,”

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I don’t know about you, but my first question is, “Paul, are you serious? Do not be anxious about anything? Have you seen my life?”

But here’s what’s wild: Paul didn’t write this while sipping a latte in a cozy coffee shop. He was in prison. He had been beaten, chained, and he didn’t know if he would live or die. And from that place he wrote, “Do not be

anxious about anything.” You see, Paul wasn’t ignoring reality. Rather, he wrote that amid the hard times there’s a better way to live.

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And that way is prayer. “Pray about everything. Tell God what you need and thank him for all he has done.” Paul said we should trade our worry for prayer. Don’t just sit in the spiral. Don’t just let the “what ifs” get louder and louder. Hand them to God.

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And then came the promise: “Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

That word “guard” is a military term. It means God’s peace will stand watch over you, like a soldier at the gate of your heart and mind, protecting you from being overwhelmed.

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I want to read you another verse, 1 Peter 5:7:

“Give all your worries and cares to God, for he cares about you.” 1 Peter 5:7 NLT

That’s so good. God doesn’t say, “Stuff it down.” He doesn’t say, “Get over it.” He says to bring it to Him. Why? Because He truly cares about us.

### **INSIGHTS (What might this Scripture mean?)**

Let’s pull three big truths out of these verses.

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#### **1. Anxiety is real, but not final.**

First: anxiety is real. Don’t pretend it’s not. Sometimes in church circles, we can feel like anxiety is something we should just “pray away” or “get over.” But the Bible shows us something different. David wrote things like,

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