

Sermon Notes

Pastor Jon Cooke

Sermon Series: Life to the Max

Title: The Power to Overcome Fear, Worry, and Anxiety

Scripture Reading: Matthew 6:25-34

1. To overcome worry, fear and anxiety requires faith in Jesus and His Word.
2. Worry causes us to lose perspective on our life.
3. Worry doesn't have positive results. We cannot change anything by worry, anxiety or fear.
4. Worry is created when our wants become bigger than our needs. Worry, fear and anxiety can be self-inflicted.
5. We receive power to overcome fear, worry and anxiety when we choose not to look too far ahead in life.
6. Worry, fear and anxiety come when we lose our vision of the eternal and focus too much on the temporary.