

## TAKE HOME SHEET



**Series:** Unsettled  
**Message:** Learning to Let Go  
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**Date:** October 19/20, 2019

**How Can I Let Go of all This Stress, Worry, Fear, and Anxiety?**

**Learning to Let Go:**

<sup>6</sup> *Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time.*

<sup>7</sup> *Cast your anxiety on Him for He cares for you.*  
1 Peter 5:6-7 (NLT)

**Which of the list below have challenged you?**

**Are there other things that are not listed that bring you stress, anxiety, fear?**

**Write down your areas of challenge and recall the challenge.**

**Beside each challenge write down how you coped with the challenge at the time.**

- Death - particularly of a loved one
- Divorce - even when the relationship is poor
- Bullying - in school or at work

- Loss of a job - finding a new job
- Too much work - long hours
- Discrimination in the workplace
- Financial pressures of all kinds
- Getting married and learning to live together
- Moving - again
- Chronic illness or injury
- Emotional problems (depression, anger, grief, guilt, fear, low self-esteem)
- Addictions

**Did you use any of God's solutions to cope with these stresses, worries, or anxieties?**

**These are tools from God that help us refocus our attention on God's way of dealing with stress, anxiety, worry, and fear:**

1. Worship - It is hard to be angry with or ignore God when we are worshipping Him. (Psalm 95)

2. Prayer - seems too obvious, but it is harder than it seems. (Jeremiah 29:11-14)

3. Ask for Help - When we ask for help from others, we are reminded that we are finite and fallible. (Romans 12:4-5)

4. Seek Community (Church) - The Body of Christ is designed to strengthen and support us. (Hebrews 10:24-25)

5. Scripture - God's word repeatedly reminds us that fear and worry do not come from God, and that He is always there to go through the tough times with us. (Matthew 4:4)

6. Examine Your Load - You are responsible for all that is on your plate. (Galatians 6:1-10)

**Now pick at least two from the list that you will be faithful to try when stress, anxiety, and worry come your way. Write them down, with the Scripture, and place them in your Bible as a ready reference for when you need them.**

**BIBLE TRANSLATIONS:**

NIV – New International Version

NLT – New Living Translation