

## MESSAGE NOTES



**Series:** Unsettled  
**Message:** Learning to Let Go  
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How can I let go of all this stress, worry, fear, and anxiety?

Learning to let go.

Today, we are going to look at how we can let go of all this stuff (stress, anxiety, fear, panic, tension, and worry). It is going to require plenty of diligence, but it can be done with God's power given to us.

<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)

We are too focused on self - what we think we want/need.

The result of this stress, anxiety, fear and worry in our lives:

- limits our ability to function
- takes a heavy toll on our whole self - things begin to look hopeless
- derails our relationship with God
- distracts us from God's provision and goodness
- dims the Holy Spirit's direction of our lives

### Scriptural Tools:

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, and we are responsible to help carry one another's burdens. (Galatians 6:1-10)

*Finally brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things.*

Philippians 4:8 (NIV)