

SERMON NOTE: Be Filled With The Spirit-Overcoming Fear And Anxiety-Part 2

By Rev Dr Chuah SP

Bible Ref: Philippians 4:8-9 NIV

Finally, brothers and sisters, 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. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

<https://bible.com/bible/111/php.4.8-9.NIV>

Uncontrolled Fear and Anxiety is bad for our health

Proverbs 17:22 NIV

A cheerful heart is good medicine, but a crushed spirit dries up the bones.

<https://bible.com/bible/111/pro.17.22.NIV>

2 Timothy 1:7 NIV op

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

<https://bible.com/bible/111/2ti.1.7.NIV>

Philippians 4:4-7 NIV

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

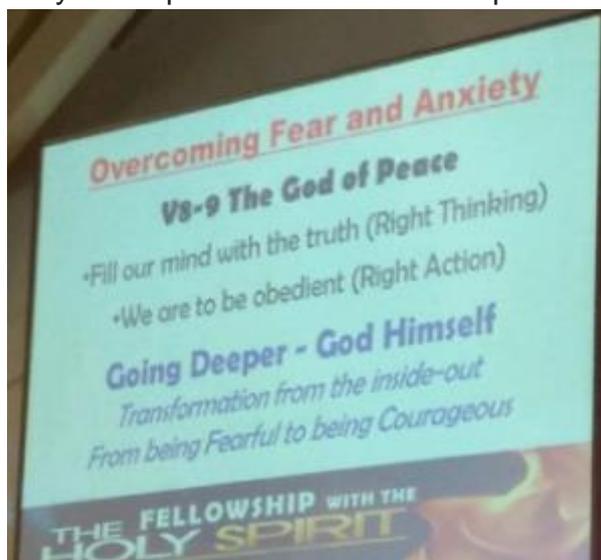
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Overcoming Fear And Anxiety

Philippians 4:8-9 NIV

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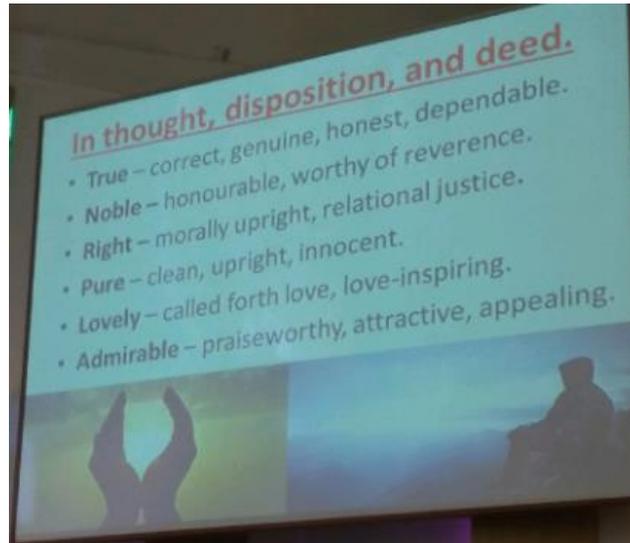
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Going deeper for with GOD

Think and act correctly, The GOD of peace will be with us.
Fill out minds with the right thoughts of GOD

LET your mind continually feels on these things:
Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.



Meditate on Word of GOD
think about CHRIST
HE is true, noble, right, pure, lovely, admirable, holy, ..

The mind is a powerful thing
Our mind, emotion, and will are connected.

Positive thoughts

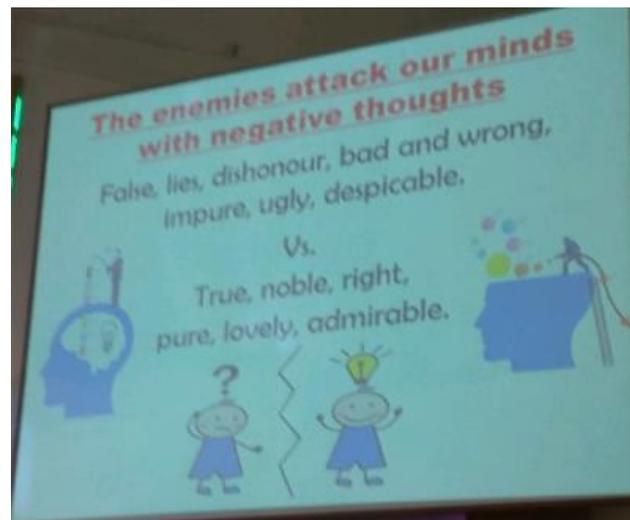
The enemies attached our minds with negative thoughts.

Do what GOD says continually.

Live a sober, righteous and godly life.

2 Corinthians 10:5 NIV
We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

<https://bible.com/bible/111/2co.10.5.NIV>



The GOD of Peace comes to you
Psalm 24:4 NIV

The one who has clean hands and a pure heart, who does not trust in an idol or swear by a false god.

<https://bible.com/bible/111/psa.24.4.NIV>

Those with clean hands and pure hearts see GOD.

Have fellowship of the Holy Spirit

in HIS presence, there is fullness of joy.

HE is the source and give of all blessings, joy and all good things.

This is faith building.

True faith is a three legged stool of mind, heart and hand

This is faith building!

True Faith is built on a three-legged stool of

1. Mind (Knowledge).
2. Heart (Believe)
3. Hand (Do/action).

TRUST

1 2 3

We become strong and courageous.
What we think determines who we are.

We become strong and courageous

What we think determines who we are

Rene Descartes

Cogito ergo sum/I think; therefore I am.

"Sow a thought, reap an action. Sow an action, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny!"

GOD

Do not be anxious or fearful

Isaiah 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Horatio Spafford

It is Well with MY Soul

It is well, it is well with my soul

- When peace like a river attendeth my way,
- When sorrows like sea billows roll,
- Whatever my lot, Thou hast taught me to say,
- It is well, it is well with my soul.