

EMOTIONS

MESSAGE NOTES

Finding Relief from Anxiety

Sunday, February 28 | Tommy Duke
First Baptist Church of Garden City

“Then they came to a place which was named Gethsemane; and He said to His disciples, ‘Sit here while I pray.’ And He took Peter, James, and John with Him, and He began to be troubled and deeply distressed. Then He said to them, ‘My soul is exceedingly sorrowful, even to death. Stay here and watch.’ He went a little farther, and fell on the ground, and prayed that if it were possible, the hour might pass from Him. And He said, ‘Abba, Father, all things are possible for You. Take this cup away from Me; nevertheless, not what I will, but what You will.’”

– Mark 14:32-36

TO FIND RELIEF FROM ANXIETY, I HAVE TO...

1) TALK TO _____.

“Then they came to a place which was named Gethsemane; and He said to His disciples, ‘Sit here while I pray.’ And He took Peter, James, and John with Him, and He began to be troubled and deeply distressed.”

– Mark 14:32-33

Memory Verse:

“Bear one another’s burdens, and so fulfill the law of Christ.”

– Galatians 6:2

“Then He said to them, ‘My soul is exceedingly sorrowful, even to death. Stay here and watch.’” – Mark 14:34

2) TALK TO _____.

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

– Philippians 4:6-7

“He went a little farther, and fell on the ground, and prayed that if it were possible, the hour might pass from Him. And He said, ‘Abba, Father, all things are possible for You. Take this cup away from Me...’”

– Mark 14:35-36

3) TALK TO _____.

“And He said, “Abba, Father, all things are possible for You. Take this cup away from Me; nevertheless, not what I will, but what You will.”

– Mark 14:36

MY NEXT STEP TODAY IS TO:

- Memorize Galatians 6:2.
- Share my anxiety with someone who loves me.
- Commit to pray through my feelings every day this week.
- Decide to trust my faith in Jesus over my feelings.

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EMOTIONS Series Continues:
Angry Like Jesus