

Growing Through Anxiety

Luke 10:38–42

Pastor Alan Feere · Sunday Morning · May 3, 2026

INTRODUCTION

Jesus shares something with Martha, that perhaps she hadn't previously recognized... she was suffering from _____ and finding ways to "keep busy" to ease the tension.

Luke 10:41–42 ...*Martha, Martha, thou art _____ about many things: But one thing is needful...*

She had a _____ problem! Her priority problem led to a _____ problem!

I. The _____ of Anxiety (1 Peter 5:7)

1 Peter 5:7 *Casting all your _____ upon him; for he careth for you.*

A. The _____ of Anxiety

It pulls one away from what we should be _____ on.

Luke 21:34

B. The _____ of Anxiety

Matthew 13:22

Mary did not let her troubles distract her from what was really _____!

II. The _____ of Your Ability

Martha had a plan. She would keep _____! But that is contrary to Scripture...

Proverbs 3:5–6 *Trust in the LORD with all thine heart; and lean not unto thine own _____.*

Matthew 11:28–30

Martha chose to stay burdened... Mary laid her _____ down at the feet of Jesus.

III. The _____ of Christ's Authority

The problem with anxiety... is that it is often _____.

John 12:1–3

Martha is back in the kitchen, Mary is still at His _____!

Peter instructs us to cast all our care upon Him! This is a term of _____... don't pick it up again.

Luke 7:6–9

Jesus has the _____ and power to take care of your every need.

IV. The Discipline of _____

It was Mary who was abiding in Christ! Philippians 4 gives us some steps...

Philippians 4:4–9

A. Rejoice in His _____ (v. 4)

Joy comes from Jesus not your _____

B. Reminded of His _____ (v. 5)

Never alone!

C. Request in _____ (v. 6)

Take your needs, with thanksgiving to God

D. Remain _____ in your Thinking (v. 8)

Don't dwell on the darkness... pick up your Bible, count your _____, start thanking God for what He has done.

E. Realize _____ (vv. 7 & 9)

Philippians 4:7 *And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*

MY NOTES
