

**September 19, 2021****RENT FREE** (Week 3 of 4)

*Faith is the confidence that what we hope for will actually happen; it gives us assurance about things we cannot see. Hebrews 11:1 NLT*

*The Lord is my helper; I will not fear (be anxious); what can man do to me? Psalm 118:6 ESV*

**Three Things That Feed Anxiety:**

1. \_\_\_\_\_
2. Private \_\_\_\_\_
  - I am not \_\_\_\_\_
  - I am not \_\_\_\_\_
  - I am not \_\_\_\_\_
  - I am \_\_\_\_\_
3. Faulty \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

**How to Calm My Anxious Mind:**

*No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon [money, possessions, fame, status, or whatever is valued more than the Lord]. Matthew 6:24 AMP*

- ❖ Put God \_\_\_\_\_ in all things.
- ❖ Know your \_\_\_\_\_. (Matt. 6:25-26)
- ❖ Realize God's in \_\_\_\_\_. (Matt. 6:27)
- ❖ Believe your \_\_\_\_\_ will be met. (Matt. 6:28-30)
- ❖ Understand God knows your \_\_\_\_\_. (Matt. 6:31-32)
- ❖ Pursue Christ \_\_\_\_\_. (Matt. 6:33)
- ❖ Live one \_\_\_\_\_ at a time. (Matt. 6:34)

*Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Philippians 4:8 MSG*

***Want to connect with God through the Scriptures and dig deeper into this week's message? Check out The Daily at [newpointe.org/daily](http://newpointe.org/daily).***