**W4 Anchored In Peace: The Anchored Life**

Weekend Message

**Date:** February 10/11, 2024

**Preaching:** Pastor Andy Wood

**Series:** The Anchored Life

**Sermon Type:** Weekend Message

**OVERVIEW**

Pastor Andy teaches us how we can overcome anxiety and find peace through God’s Word.

**WATCH ONLINE**

[Anchored in Peace | Andy Wood](https://youtu.be/EXk6220Fumo?si=hpeZ_K8Q2qrpTuG-)

**MESSAGE ACTION PLAN**

Scriptures Used  
Philippians 4:6–9 (NIV), Romans 5:1 (NLT)

The Truth About Peace:

* Peace is a gift from God.
* Peace requires participation.

My Participation in My Peace:

* Grow in my prayers.
* Be relational.
* Be bold.
* Be grateful.
* Be specific.

ACTION PLAN: Create ten minutes in the middle of each day this week for you to pray against any anxieties or worries you may have. Make specific requests for the Lord to meet your needs and solve your problems, not for vague direction and guidance, remembering that you are speaking to your Father who loves you.

* Work on my thinking.

The Ways We Think

| False Positive | True Positive |
| --- | --- |
| False Negative | True Negative |

ACTION PLAN: Any time you feel anxiety starting to build up within your body, take a deep breath and return to God mentally. Take any anxious thoughts you're having and write them out, labeling them as true or false and positive or negative. Give thanks for true positive thoughts, ask God to help you make peace with true negative thoughts, and ask God to reveal the truth with any false thoughts you're having.

* Build a better pattern.

The Pathway to God's Peace

* Through The Cross.
* Through The Holy Spirit.

ACTION PLAN: In a journal, write out the things that make you feel overwhelmed and anxious, giving each at section at least half a page. Write about what triggers the anxiety, why you feel overwhelmed in that moment, and try to recognize any patterns that you may see. When you finish writing them out, find a promise of God to pray against each specific anxious thought and make sure to write that verse down so you can use it next time you see the pattern appear.

**TALK IT OVER**

[34608-TIOAnchoredinPeaceFeb10112024.pdf](https://drive.google.com/file/d/16X0yozKQLem3Auv6np7o4ypDpNDTUROS/view?usp=drive_link)

[WM2.414c\_EN-AnchoredPeace-TIO](https://drive.google.com/drive/folders/1RBooimo2J2-ra_O96wzgOTWFqIo92KWk?usp=drive_link)

**MESSAGE NOTES**

[34607-AnchoredLifeWeek4Outline.pdf](https://drive.google.com/file/d/166BriP-QIBGhKXU52mzjBadHrNvE1z5-/view?usp=drive_link)

[WM2.414b\_EN-AnchoredPeace-Notes](https://drive.google.com/drive/folders/1Xg0uNgvNg8KDVfCWKbg_wusKtVMaHVuk?usp=drive_link)

**ASSETS**

[WM2.414a\_EN-AnchoredPeace-Message](https://drive.google.com/drive/folders/1UyoydYK202vwQPBW5BQ_CztRrp1YgPou?usp=drive_link)

[WM2.410\_EN-Anchored-ComsAssets](https://drive.google.com/drive/folders/1fqgge_r6ohG75nwmID8YIODZ9ReJO2MF?usp=drive_link)

[WM2.414d\_EN-MentalHealthResources](https://drive.google.com/drive/folders/1a8LjI-iaWOBQENw34xN1p__V5zGtWaTr?usp=drive_link)