

## Anxiety

First day I had a panic attack and had to remind myself god is in control and to rest in Him.

Philippians 4:6&7

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 minds in Christ Jesus.

## #2 Fear

It distracts

Causes us to lose focus

Story from Wed night service about water bottle

Complaining, they do this and they don't do this

## #3 Weakness

We all have weaknesses.

Things that drag us down

Romans 8:26-28

In the same way the spirit helps us in our weakness. We do not know what we ought to pray for but the spirit himself intercedes for us with wordless groans. And He who searches our heart knows the mind of the spirit because the spirit intercedes for god's people in accordance with the will of God. And we know that in all things god works for the good of those who love him who have been called according to his purpose.

## #4 Faith

Hebrews 11:1 Now faith is confidence in what we hope for and assurance for what we do not see.

Pam being awakened to pray for Lisa. Intercessor.

## #5 Mindset of Christ

Philippians 2:1-5

Working together

Thinking as Christ

Working toward God's will