

I Changed My Mind

I Changed My Mind About Worry And Anxiety

Pastor Jimmy Evans

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Romans 12:1–2 NKJV

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is* your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

John 8:31–32 NKJV

Then Jesus said to those Jews who believed Him, “If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.”

1. **Fear:** a negative emotion caused by a real or perceived threat do our well-being
2. **Anxiety:** to be uneasy and nervous about an event, person, or problem I cannot control
3. **Worry:** to mentally dwell on a difficulty or trouble; chronic concern

Fear can subside to anxiety or worry.

Worry can grow into anxiety or fear.

All three states are in the same class of emotional and spiritual problems, and all three are forbidden by God.

Matthew 6:25a NKJV

Therefore I say to you, do not worry about your life, what you will eat or you will drink; nor about your body what you will put on.

All three issues have the same root problems, just on different levels.

Worry and anxiety aren't normal and inevitable. They aren't harmless or helpful.

Worry and anxiety distract me from God and the special people in my life.

Worry and anxiety rob my joy and the happiness of my life.

Worry and anxiety exist because I allow them to exist.

How to Overcome Worry and Anxiety

1. Consider them as agents of the enemy to destroy your life and rob your joy and peace.
2. Turn every anxious and worrisome thought into a prayer until victory.

Philippians 4:6–7 NKJV

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.

3. Submit to God's time Commandments.

Time Commandments That Conquer Anxiety and Worry

- Live one day at a time.

Matthew 6:31–34 NKJV

Therefore do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

- Pray before making plans for the future and submit them to the Lord.

James 4:13–17 NKJV

Come now, you who say, “Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit” — yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. Instead you ought to say, “If the Lord wills, we will live and do this or that.” As it is, you boast in your arrogance. All such boasting is evil. So whoever knows the right thing to do and fails to do it, for him it is sin.

Matthew 11:28–30 NKJV

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Proverbs 3:5–6 NKJV

Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.

- Honor the Sabbath every week.

Deuteronomy 5:12-14 NKJV

Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. ¹Six days you shall labor and do all your work, but the seventh day *is* the Sabbath of the Lord your God. *In it* you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your ox, nor your donkey, nor any of your cattle, nor your stranger who *is* within your gates, that your male servant and your female servant may rest as well as you.

How to Overcome Worry and Anxiety

4. By faith, believe and confess that God is your loving Dad and He will always care for you.

Matthew 6:31–34 NKJV

Therefore do not worry, saying, “What shall we eat?” or “What shall we drink?” or “What shall we wear?” For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

Matthew 6:33 NKJV

But seek first the kingdom of God and His righteousness, and all these things shall be added to you

Hebrews 4:14–16 ESV

Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

2 Corinthians 5:21 NKJV

For He made Him who knew no sin *to be* sin for us, that we might become the righteousness of God in Him.

Small Group Guide: I Changed My Mind About Worry And Anxiety

Opening Question

What does worry look like for you — is it non-existent, a slow background hum, or does it tend to spike around specific things? What does it usually cost you if and when it takes over?

You Were Created to Live in Peace

Worry, anxiety, and fear are often treated as personality quirks — some people are just wired that way, and the rest of us manage as best we can. Scripture takes a different view entirely. “Do not fear” or “fear not” is the single most repeated command in the Bible. Paul tells the Philippians to be anxious for nothing, not as a suggestion but as a directive, because letting anxiety take over is a choice. Jesus tells His disciples plainly not to worry. These are commands, which means God believes we are capable of obeying them.

The three states — fear, anxiety, and worry — are related but distinct. Fear is a response to a real or perceived threat; anxiety is being nervous about something we cannot control; worry is chronic, obsessive mental dwelling on a difficulty. They exist on a spectrum. Fear can subside into anxiety or worry; worry can escalate into anxiety or fear. But all three share the same root, and understanding that root is what makes the difference between managing symptoms and actually getting free.

That root is what might be called an orphan spirit — a deep, often unexamined sense that there is no one ultimately looking out for you. When we do not genuinely know God as a loving Father, we fill that vacuum ourselves. We scan for threats, run the scenarios, try to control outcomes, and brace for what might go wrong. Our levels of fear, anxiety, and worry are in direct proportion to our level of trust in God, which is why the Bible’s consistent pattern is to pair the command not to fear with an invitation to trust. Jesus is the Prince of Peace. The Holy Spirit is our Comforter. These are not incidental titles. They describe what God is actively offering.

The practical path forward has three movements. The first is a change in how we categorize worry and anxiety — not as personality tendencies or understandable responses, but as agents of the enemy, actively working to rob joy, damage health, and distract us from God and the people we love. Anxiety is the leading driver of both

sickness and depression. Viewing it as an enemy rather than a companion changes how we relate to it.

The second movement is prayer — specifically, the practice of turning every anxious thought into prayer until the heart settles. Philippians 4:6-7 describes this precisely: pray about everything, with thanksgiving, and the peace of God — which surpasses understanding — will guard your heart and mind. “Praying through” means staying in prayer until your heart actually knows it is okay, not just until you’ve said the words.

The third movement is the most foundational: coming to genuinely believe, by faith, that God is a good Father who will care for you. Matthew 6:33 — seek first the kingdom of God and His righteousness, and all these things will be added — is only a powerful promise if you actually trust the one making it. Hebrews 4 adds a crucial piece: we can approach God’s throne of grace boldly, with full relational confidence, because Jesus has already become our righteousness (2 Corinthians 5:21). The enemy’s strategy is shame and condemnation — to convince us that God is against us or indifferent to us. The truth is the opposite. We are accepted, we are loved, and we are invited to bring everything to a Father who already knows what we need.

For Discussion

1. Fear, anxiety, and worry are distinct but related states on the same spectrum. Which of the three do you most commonly experience? Do you recognize them as enemies, or have you come to accept them as just part of how you function?
2. The notes make a direct connection: our levels of fear, anxiety, and worry reveal our level of trust in God. How does that land for you? Is it convicting, or does it feel too simple?
3. Philippians 4:6-7 promises supernatural peace when we pray with thanksgiving rather than anxiety. Have you experienced “praying through” something — staying in prayer until your heart actually settled? What did that look like, and what made the difference?
4. Hebrews 4 says we can approach God’s throne of grace “with confidence” — with boldness, total honesty, and relational trust in His love. Does that describe how you actually come to God when you’re anxious? What tends to hold you back?

Prayer

Heavenly Father, You are a good Dad — a Father who knows what we need before we ask and who invites us to come boldly to Your throne. Forgive us for the ways we have carried worry and anxiety as though they were ours to manage alone. We renounce them now as the enemies they are. Jesus, You are the Prince of Peace, and that peace is not something we have to manufacture; it is something You guard in us when we trust You. Holy Spirit, You are our Comforter. Meet us in the specific places where fear has taken root and replace it with the settled confidence that our Father is in control and that He is for us. May we seek Your kingdom first today and trust You with everything else. In Jesus name, amen.