

LOVEFIRST

FINDING AN ANCHOR IN OUR ANXIETY

Oct 8, 2017 • Pastor Gregg Matte • Psalm 34:1–4 (p. 360 in HCSB provided)

_____ is a psychological and physiological state of arousal caused by the brain's interpretation of a stimulus as a _____.

▶ **Anxiety is rooted in _____ and unknowns.**

Psalm 42:5, Philippians 4:6–7, 1 Peter 5:5–7

• Types of anxiety:

- _____
- _____
- _____

▶ **How do we find help? We _____ the Lord in:**

- Our _____
- Our _____ *Psalm 38:18*
- Our _____ *Matthew 6:33; Ephesians 6:16*

▶ **The anchors of our faith** *Romans 1:16–17*

THE FIVE SOLAS ARE:

1. ***Sola Scriptura*** (“**Scripture alone**”): The _____ alone is our highest authority.
2. ***Sola Fide*** (“**faith alone**”): We are saved through faith alone in Jesus Christ.
3. ***Sola Gratia*** (“**grace alone**”): We are saved by the grace of God alone.
4. ***Solus Christus*** (“**Christ alone**”): Jesus Christ alone is our Lord, Savior and King.
5. ***Soli Deo Gloria*** (“**to the glory of God alone**”): We live for the glory of God alone.