



Wednesday, August 5, 2026

WOW – Word on Wednesday

Summer School Series

“Unpacking Summer Baggage”

Week 1: The Baggage of Busyness

Matthew 11:28-30

Week 2: The Baggage of Bitterness

Ephesians 4:31-32

Week 3: The Baggage of Regret

Philippians 3:13-14

Week 4: The Baggage of Anxiety

Philippians 4:6-7

Intro: We live in the most advanced, connected, and comfortable era in human history - yet we are arguably the most anxious generation to ever walk the Earth. Every Sunday, people sit in our pews carrying a heavy invisible backpack stuffed with the weight of financial strain, medical unknowns, fractured relationships, and the non-stop noise of a chaotic world. However, Scripture shows us a Savior who looks at our trembling hearts, validates our pain, and invites us to trade our exhausting illusion of worry and anxiety for the enduring peace and presence in such a time as this.

Worry vs. Anxiety: How to tell the difference – worry and anxiety are often used interchangeably, but are not the same, especially when viewed through a Biblical lens.

Worry Defined: The mind at work = worry is typically a thought-based response. It happens when our minds try to solve a problem or predict a future outcome.

- Martha (Luke 10:40-41)
- Jacob (Genesis 32:7)

Anxiety Defined: Anxiety is more than just thoughts. It includes physical sensations and emotional distress. While worry tends to stay in our minds, anxiety shows up in our bodies: racing heart, shallow breathing, tense muscles and panic attacks.

- David (Psalm 55:4-5)

1. Identify the Fear vs. Shifting the Focus

The Problem: Anxiety causes us to fixate on the worst-case scenarios of the not yet!

Matthew 6:34

- Feeling a lack of purpose: a lingering sense that you are off your life path (a disconnection from your true self).
- Loss of connection: feeling isolated from people, God, and your own purpose.
- The Monkey Mind: an old proverb concept describing a restless, unsettled mind that jumps from thought to thought, unable to find stillness.

Psalm 34:4

2. **Name the Burden vs. Release the Weight**

The Problem: We trap stress inside our bodies and minds, trying to fix everything ourselves.

1 Peter 5:7

Naming our Burden: The act of conscious awareness (in other words, call it like you see it). Speaking it aloud – saying exactly what hurts, such as, “I am carrying the burden of trying to please everyone”.

Romans 4:17

Taking Away Its Power: Bringing the fear out of the dark subconscious of the mind and into the light of Jesus.

2 Corinthians 10:5

Releasing the Weight: Letting go of control, accepting that you cannot fix every situation.

John 14:27

You cannot change the past or predict the future.

Isaiah 43:18-19

3. **Stop the Panic vs Start the Praise**

The Problem: Panic spirals out of control when we forget that we are safe and cared for.

Philippians 4:6-7

Command a Pause: Interrupt the racing thoughts by silently or aloud declaring “peace be still”.

Psalms 56:3

Stay Grounded in the Present: Stop racing into the future; you only need strength for today.

Shift the Panic to Praise: Stop looking at the storms around you. Know that God’s power is in you!!

God did not promise us a life without valleys and battles! But He did promise that He will not leave us nor forsake us.

Isaiah 41:10

Sing and Speak of His Goodness: Call your blessings out loud, sing praises unto our God.