

# TakeNote

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Pastor Shawn Thornton—

Weekend of September 26–27, 2020

## When Life Overwhelms You: Hope for the Anxious Heart —2 Chronicles 20:1–30

Part 2 of 6 in the “Hope for the Heavy Heart” series

When your thoughts are \_\_\_\_\_ frantically out of \_\_\_\_\_,  
God will ensure those thoughts don't \_\_\_\_\_ and \_\_\_\_\_ you.

1. \_\_\_\_\_ When Everything in You Wants to \_\_\_\_\_ (verses 1–11)

- \_\_\_\_\_ to breathe
- \_\_\_\_\_ with others
- \_\_\_\_\_ the situation

2. \_\_\_\_\_ When Everything in You Wants to \_\_\_\_\_ (verse 12)

- Be honest about how \_\_\_\_\_ you \_\_\_\_\_
- Be clear about how \_\_\_\_\_ you \_\_\_\_\_

3. \_\_\_\_\_ When Everything in You Wants to \_\_\_\_\_ (verses 13–17)

- \_\_\_\_\_ for \_\_\_\_\_ God will act
- \_\_\_\_\_ for \_\_\_\_\_ God will say
- \_\_\_\_\_ for \_\_\_\_\_ God will show up

4. \_\_\_\_\_ When Everything in You Wants to \_\_\_\_\_ (verses 18–21)

- Worship Him when everything is \_\_\_\_\_ of your \_\_\_\_\_
- Worship Him before anything \_\_\_\_\_
- Worship Him while everything is \_\_\_\_\_

5. \_\_\_\_\_ When Everything in You Wants to \_\_\_\_\_ (verses 22–30)

- \_\_\_\_\_ God's \_\_\_\_\_ (even when they don't make any \_\_\_\_\_)
- \_\_\_\_\_ God's \_\_\_\_\_ (even when you don't know what \_\_\_\_\_)

Are your raging and frantically out of control thoughts \_\_\_\_\_ and \_\_\_\_\_ you?

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## When Life Overwhelms You: Hope for the Anxious Heart —2 Chronicles 20:1–30

*Part 2 of 6 in the “Hope for the Heavy Heart” series*

When your thoughts are raging frantically out of control,  
God will ensure those thoughts don't control and crush you.

### 1. Slow Down When Everything in You Wants to Speed Up (verses 1–11)

- Pause to breathe
- Connect with others
- Summarize the situation

### 2. Look Up When Everything in You Wants to Shut Down (verse 12)

- Be honest about how powerless you feel
- Be clear about how focused you are

### 3. Stand Up When Everything in You Wants to Shrink Back (verses 13–17)

- Wait for when God will act
- Listen for what God will say
- Watch for how God will show up

### 4. Bow Down When Everything in You Wants to Take Over (verses 18–21)

- Worship Him when everything is out of your control
- Worship Him before anything changes
- Worship Him while everything is at risk

### 5. Move Forward When Everything in You Wants to Step Back (verses 22–30)

- Obey God's instructions (even when they don't make any sense)
- Celebrate God's goodness (even when you don't know what He did)

Are your raging and frantically out of control thoughts controlling and crushing you?