

A FOUR-PART SERIES ON EVERYDAY STRUGGLES

Sermon Outline Collection

Real struggles. Real help. Real change. Biblical encouragement for anxiety, the weight of the past, disappointment, and the search for purpose.

01
Help Me With My Anxiety
Philippians 4:6-7

02
Help Me With My Past
2 Corinthians 5:17

03
Help Me With My Disappointment
Matthew 27-28; Luke 23:55-56

04
Help Me With My Purpose
Proverbs 3:5-6

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Concise preaching outlines with Scripture references and brief point summaries. Develop each message for your own congregation.

PART 01 | PREACHING OUTLINE

Help Me With My Anxiety

Primary Scripture: Philippians 4:6-7

Central idea: God invites us to bring our anxious thoughts and burdens to Him in prayer and to receive His peace in the midst of pressure.

Opening direction: Describe an exhausted body with a mind that keeps replaying conversations and possible outcomes. Acknowledge that faithful believers can still feel overwhelmed. Introduce Paul's words from prison.

1. When Your Mind Won't Stop

Philippians 4:6

Name the experience of thoughts pulling in several directions. Invite listeners to recognize what is weighing on them and bring it honestly before God.

2. When You Try to Hold It Together

Matthew 6:27; 1 Peter 5:6-7

Trying to control every outcome adds a burden we cannot sustain. God's care gives us reason to humble ourselves and entrust our concerns to Him.

3. When You Finally Let It Go

Philippians 4:6

Bring specific requests to God with thanksgiving. Surrender means naming what troubles us and placing it in His hands rather than pretending it does not exist.

4. When Peace Takes Over

Philippians 4:7

God's peace guards hearts and minds in Christ. His care can sustain us even while circumstances remain difficult and answers are still unclear.

Closing response: Use the backpack illustration: remove the weight as a picture of entrusting a burden to God. Invite a specific prayer of surrender and continued dependence on His care.

Scripture references
Philippians 4:6-7; Matthew 6:27; 1 Peter 5:6-7.

PART 02 | PREACHING OUTLINE

Help Me With My Past

Primary Scripture: 2 Corinthians 5:17

Central idea: New life in Christ gives us a new identity. Renewing the mind, answering shame with truth, and honest confession help us live in the freedom of His grace.

Opening direction: Ask why the past can still feel close even when we know we are forgiven. Introduce the difference between what God has declared about us and the feelings we continue to work through.

1. You Can Be Saved and Still Struggle with Your Past

2 Corinthians 5:17; Romans 12:2

Salvation changes our identity, while renewing the mind is an ongoing process. Old memories and patterns do not erase the new life Christ has given.

2. Shame Will Lie to You About What God Has Already Settled

Romans 8:1

Condemning thoughts must be answered with the truth of our standing in Christ. Learn to receive forgiveness rather than trying to keep paying for what Jesus has already addressed.

3. Freedom Begins When You Bring It into the Light

1 John 1:9

Bring sin honestly before God instead of hiding or excusing it. Present ongoing confession as a response to His faithfulness and a means of restored closeness with Him.

4. God Can Use What Once Hurt You for His Purpose

Isaiah 43:18-19

Neither past failure nor past success should prevent us from recognizing God’s present work. Entrust the past to Him and remain open to what He is doing now.

Closing response: Use the painting illustration to picture a life God continues to shape. Invite listeners to release shame, confess honestly, and trust Him with the next part of their story.

Scripture references
2 Corinthians 5:17; Romans 12:2; 8:1; 1 John 1:9; Isaiah 43:18-19. Remembrance teaching echoed: Luke 22:19.

PART 03 | PREACHING OUTLINE

Help Me With My Disappointment

Primary Scripture: Matthew 27:55-61; 28:1-20; Luke 23:55-56

Central idea: The women's journey from the cross to the empty tomb shows how to face loss, receive help, and keep trusting the risen Jesus.

Opening direction: Define disappointment as the gap between what we expected and what happened. Follow the women who witnessed Jesus' death and came to His tomb carrying grief.

1. Acknowledge the Loss

Matthew 27:55-56

The women remain present at the cross. Begin by honestly acknowledging the pain rather than hiding from it or numbing it with distractions.

2. Let Others Help

Matthew 27:57-61

Joseph provides a burial place and cares for Jesus' body. Receive practical help from people who can do what you cannot do alone.

3. Do What You Can Do

Luke 23:55-56

The women prepare spices and perfumes. In a painful season, take the next faithful action that is within your reach.

4. God Is Working Behind the Scenes

Matthew 28:1-4; Romans 8:28

The women approach the tomb without knowing what has happened. Trust God's purposes beyond what you can see; the promise of good does not mean every event is good.

5. Focus on the Resurrection

Matthew 28:5-6

The empty tomb changes the meaning of what the women have witnessed. Ground hope in the living Christ even before every question is answered.

6. Obey God's Directions

Matthew 28:7-8

The women carry the news with both fear and great joy. Respond to God's direction without waiting for every feeling of uncertainty to disappear.

Steps 7-11 and the closing response continue on the next page.

PART 03 | PREACHING OUTLINE CONTINUED

Help Me With My Disappointment

Primary Scripture: Matthew 27:55-61; 28:1-20; Luke 23:55-56

7. Continue to Obey Until Jesus Shows Up

Matthew 28:9

Jesus meets the women as they carry out their assignment. Encourage steady faithfulness to what God has made clear, even while results remain unseen.

8. Worship Jesus

Matthew 28:9

They take hold of His feet and worship. Let recognition of the risen Savior lead to humble, wholehearted adoration.

9. Remove Fear

Matthew 28:10

Jesus reassures the women and sends them forward. Respond to His presence by entrusting the outcome to Him rather than allowing fear to direct the next step.

10. Believe the Promise

Matthew 28:10; John 11:25

Jesus promises that His disciples will see Him. Anchor confidence in what He has actually said and in who He is.

11. There Is More

Matthew 28:16-20

The story continues with a mission and the promise of Jesus' presence. Disappointment does not end the call to follow Him and make disciples.

Closing response: Return to the women's movement from grief toward worship and mission. Invite listeners to bring their disappointment to God, receive help, and take the next faithful step with the risen Jesus.

Scripture references
Matthew 27:55-61; 28:1-20; Luke 23:55-56; Romans 8:28; John 11:25. Promise examples: Genesis 12:2; Matthew 11:28; Leviticus 26:12; Jeremiah 31:33; Ezekiel 36:26-27; Isaiah 41:10; Psalm 32:8. Closing images: Psalm 30:11; John 16:20; Isaiah 61:3.

PART 04 | PREACHING OUTLINE

Help Me With My Purpose

Primary Scripture: Proverbs 3:5-6

Central idea: Purpose grows out of a relationship with God. Trust Him, acknowledge Him in daily life, and follow the next step of obedience.

Opening direction: Ask whether listeners feel they should have life figured out by now. Introduce the desire for a meaningful life and the truth that our other callings flow from knowing and following Christ.

1. You Don’t Have to Have It All Figured Out

Proverbs 3:5

Trust involves moving forward without seeing the whole route. Use the GPS illustration to emphasize taking the next step rather than demanding the complete plan.

2. Your Understanding Will Limit You If You Let It

Proverbs 3:5

Our understanding is limited and cannot be the final authority. Do not let the demand for certainty keep you from acting on what God has already made clear.

3. Purpose Is Found in Relationship, Not Just Direction

Proverbs 3:6

Acknowledging God in all our ways places relationship at the center of purpose. Follow Him in ordinary choices rather than treating a destination or job as the whole meaning of life.

4. God Will Lead You One Step at a Time

Proverbs 3:6

God’s guidance does not promise an easy path. Small steps of obedience can reveal His direction over time and deepen our confidence in His care.

Closing response: Shift the question from “What am I supposed to do?” to “Am I walking with God right now?” Invite a concrete next step such as trusting Christ, recommitment, baptism, or church membership.

Scripture references
Proverbs 3:5-6.