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Isaiah Series  
PASTOR JOSH DESCH  
SUNDAY, SEPTEMBER 21, 2025

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**Sermon Title:** Anxiety and the Rock of Ages

**Scripture text:** Isaiah 26:1-8

**Outline:**

1. Anxiety-Our Chronic Condition
2. Peace-Our Heartfelt Longing
3. The Rock of Ages-Our Only Hope



**Questions:**

1. What makes you anxious?
2. Why do those things you shared in Q1 make you anxious?
3. What are some of the ways that modern people deal with anxiety apart from God?
4. In Isaiah 26:3, we are promised God's "perfect peace" (literally, 'peace, peace') if our minds are fixed on him. What does that mean to have our minds fixed on him?
5. Do you think Christians can achieve greater victory over anxiety? If yes, how? If no, why not?
6. What does it mean that God is the "Rock of Ages"? What does that mean to you?
7. What is ONE area of anxiety that you will take to the Rock of Ages today?