



ANXIETY

Vern Streeter | January 9, 2022

Philippians 2:28; 4:6

BIG ACTION: Differentiate between two kinds of anxiety and know what to do when they start screaming at you.

I. **The Apostle Paul felt anxiety** (Phil. 2:28)

Lupe =

When Lupe (based in reality) starts yelling at you: (Matthew 26:36-37)

1. Get a friend
2. Pray ... and *trust*.

II. **The Apostle Paul said don't be anxious** (Phil. 4:6)

Miriam =

When Miriam (based in unknown) starts yelling at you: (Phil. 4:6-8)

1. Pray ... with *thanksgiving*.
2. Tell yourself the Truth

For Next Week Read:
John 10:22-30