



the audacity of anxiety

PHILIPPIANS 4:4-7

1. What is your initial response to circumstances that can cause anxiety?
2. Are you a “worrier,” an “avoider” or a “fixer?” (Ask someone whose thoughts you trust.)
3. Do you trust that God is both good and sovereign?
4. What are some practical rhythms that will help you be more intentional about acknowledging God’s presence?



LEGACY **BIBLE** CHURCH