

Message Notes (April 13, 16 9)

Series: Exhausted

“Awestruck by Anxiety”

Romans 12:2

Are you anxious about _____ or
maybe _____?

**Anxiety is an uneasiness in our _____ that takes
away our breath, energy, and sleep; and leads to
a perpetual sense of dread.**

Proverbs 12:25 “Anxiety weighs down the heart...”

**Romans 12:2 “Do not conform to the pattern of
this world, but be transformed by the renewing
of your mind...”**

**Spiritual growth always begins by focusing
on our _____.**

I experience anxiety when I _____

I experience anxiety when I _____

I experience anxiety when I _____

I experience anxiety when I _____

Philippians 4:6-7

**“The goal of managing anxiety is not simply for
relief, it is to connect more fully to God.” Steve Cuss**

**“Cast all your anxiety on him because he cares
for you.” 1 Peter 5:7**