



We live in a competitive and anxiety-filled age, one filled with all kinds of syndromes that are tension related. Dr. Rollo May said, "Anxiety is now the official emotion of our age." But Jesus Christ said, "Don't let your heart be troubled, neither let it be afraid" (John 14:27). We need to find a way to develop that quiet heart Jesus talked about.

I. Why is anxiety more of a problem _____ than ever before?

- A. Because of the _____ of our age.
- B. Because of constant _____.
- C. Because of our _____.
- D. Because of _____.

** _____ focuses on probable difficulties and produces action; _____ focuses on the improbable and produces inaction.

II. Why is anxiety _____?

- A. Because it focuses on _____.
- B. Because it's an _____ in _____.
- C. Because it's an _____ of _____.

III. What does Jesus say to _____ about it?

- A. There are some _____ changes that Jesus suggests that are beneficial.
 - 1. Examine the evidence of God's _____ in your life.
 - a. How much is God going to have to _____ to us, "I care for you"?
 - 2. Place your primary emphasis on the _____.
 - a. Don't just _____ about seeking first God's kingdom; actually _____ it.
 - 3. Practice the art of living _____ at a time.