MOODS

ANXIETY

Lies that make us unnecessarily anxious:

1. <u>Worrying</u> changes things.
2. I am <u>unlovable</u>.
3. The <u>past</u> continues today.
4. The <u>present</u> must be seized.
5. The <u>future</u> is happening now.

Philippians 4:5-7   *Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

<u>Thankful</u> prayer helps you go from having anxiety to having the <u>peace of God</u>!

Philippians 4:8-9   *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

<u>Positive</u> thoughts and actions help you go from having anxiety to having the <u>God of peace</u>!

Truths that give us freedom from anxiety:

1. Worrying changes <u>nothing</u>.
2. I am <u>loved</u> by God.
3. My past is <u>forgiven</u>.
4. My present is <u>peace</u>.
5. My future is <u>Christ's return</u>.

Brody's Story

Romans 5:1-2   *Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God.*

<u>Faith in Jesus</u> is what takes you from having anxiety about your eternity to having <u>peace with God</u>!

Your Story

1. What my life was before.
2. What was my spiritual turning point?
3. What difference has Christ made in my life?

In anticipation of the 25th anniversary of The Chapel, we want to hear your story. We are preparing an electronic and print copy of hundreds of stories of what God has done in your life. Please

take the time to write out your story and email it to Laurie Stroup at lbstroup61@hotmail.com.