



## The Gospel in Anxiety

Philippians 4

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*The Gospel of Jesus offers two hope-filled antidotes for anxiety.*

### 1. The **Anatomy** of Human Anxiety

- Recognize the human **experience**.
  - In Personal **Vulnerability**
  - In Personal **Responsibility**
  
- Remember the heavenly **perspective**.
  - In the **First Garden**
  - In the **Second Garden**

## 2. The **Answer** of Divine Gospel

- Commit to God-given **relationships**. (1-5)
  - In Relationship with **God**
  - In Relationship with **God's people**
- Meditate on Christ-honoring **thoughts**. (6-8)
  - In Thoughts of **Prayer**
  - In Thoughts of **Worthiness**
- Engage in Spirit-applied **actions**. (9, 13)
  - In Action that Is **Selfless**
  - In Action that Is **Confident**