

To navigate the continual assaults of anxiety, we must align with two agendas of God.

1. Remind God of His _____ to you.

› Promises of _____ (9-10)

› Promises of _____ (11-12)

2. Hold onto God for His _____ of you.

› Transformed by Divine _____
(24, 26-30)

› Transformed by Divine _____
(25, 31-32)



Harley Snode is the pastor of North Life Baptist Church in Wooster, Ohio. He and his wife Heidi have two sons. Harley is passionate about learning and communicating Biblical truth for strong families, local church ministry, and transformative counseling.

Harley's Recommended Reading

Grace for Children, Matthew S. Stanford

Burnout: Resting in God's Fairness, Brad Hambrick

Ruthless Elimination of Hurry, John Mark Comer

Zeal without Burnout, Christopher Ash

Steady Strength, Cary Schmidt

Depression: The Sun Always Rises, Margaret Ashmore

Depression: The Way Up When You are Down, Ed Welch

Anxiety: Anatomy and Cure, Bob Kellemen

A Small Book for Anxious Hearts, Ed Welch

Anxiety: Knowing God's Peace, Paul Tautges

How People Change, Paul Tripp and Timothy Lane

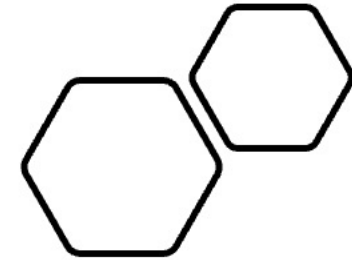
Consider Your Counsel: Addressing Ten Mistakes in our Biblical Counseling, Bob Kellemen



Wrestling Effectively
with Anxiety
Genesis 32

High-Functioning Anxiety

What People See vs. What It's Like Inside



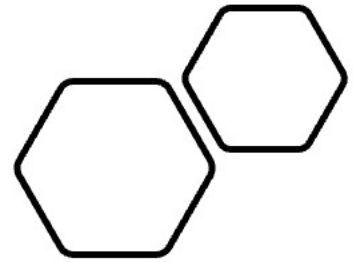


Wrestling Effectively
with Anxiety
Genesis 32



Remind God of
His promises to you.

(9-12)





Remind God of
His promises to you.

(9-12)



**Hold onto God for
His transformations
of you. (24-32)**



Recommended Resource

EDWARD T. WELCH

MEDITATIONS ON FEAR, WORRY, AND TRUST

A SMALL BOOK FOR THE

ANXIOUS

HEART



Recommended Resource



A N X I E T Y

KNOWING
GOD'S PEACE

31-DAY DEVOTIONALS FOR LIFE

PAUL TAUTGES

“Peace is not the
absence of problems, but
the presence of God in
the midst of them.”

~ E. Stanley Jones