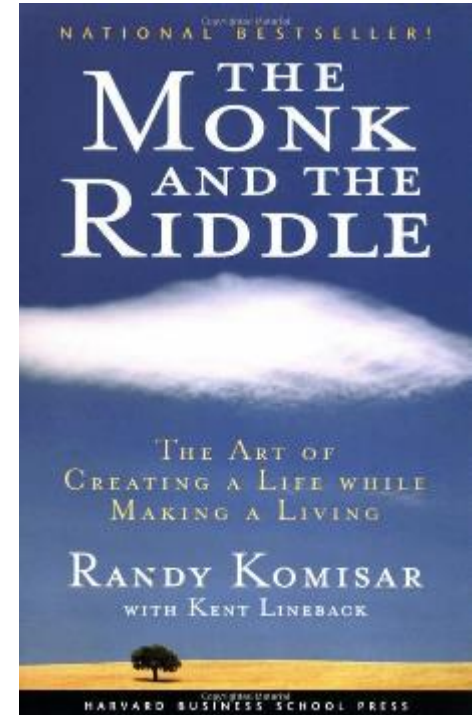
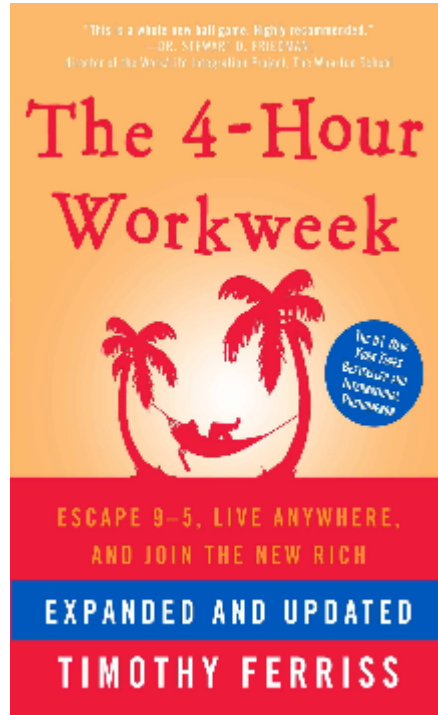


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If someone offered you one of these books  
Which would you choose?



# A Trust that Overcomes Anxiety

Whoever gives heed to instruction prospers and  
blessed is the one who trusts in the Lord.

Proverbs 16:20

**Prosper = To find or discover good**

# How do we prosper?

Whoever gives heed to instruction prospers...

Proverbs 16:20 (NIV)

Whoever gives thought to the word will discover good

Proverbs 16:20 (ESV)

Gives heed = Pay close attention, look carefully



# How do we prosper?

1 Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2 but whose delight is in the law of the Lord, and who meditates on his law day and night. 3 That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.

**Psalm 1:1-3**

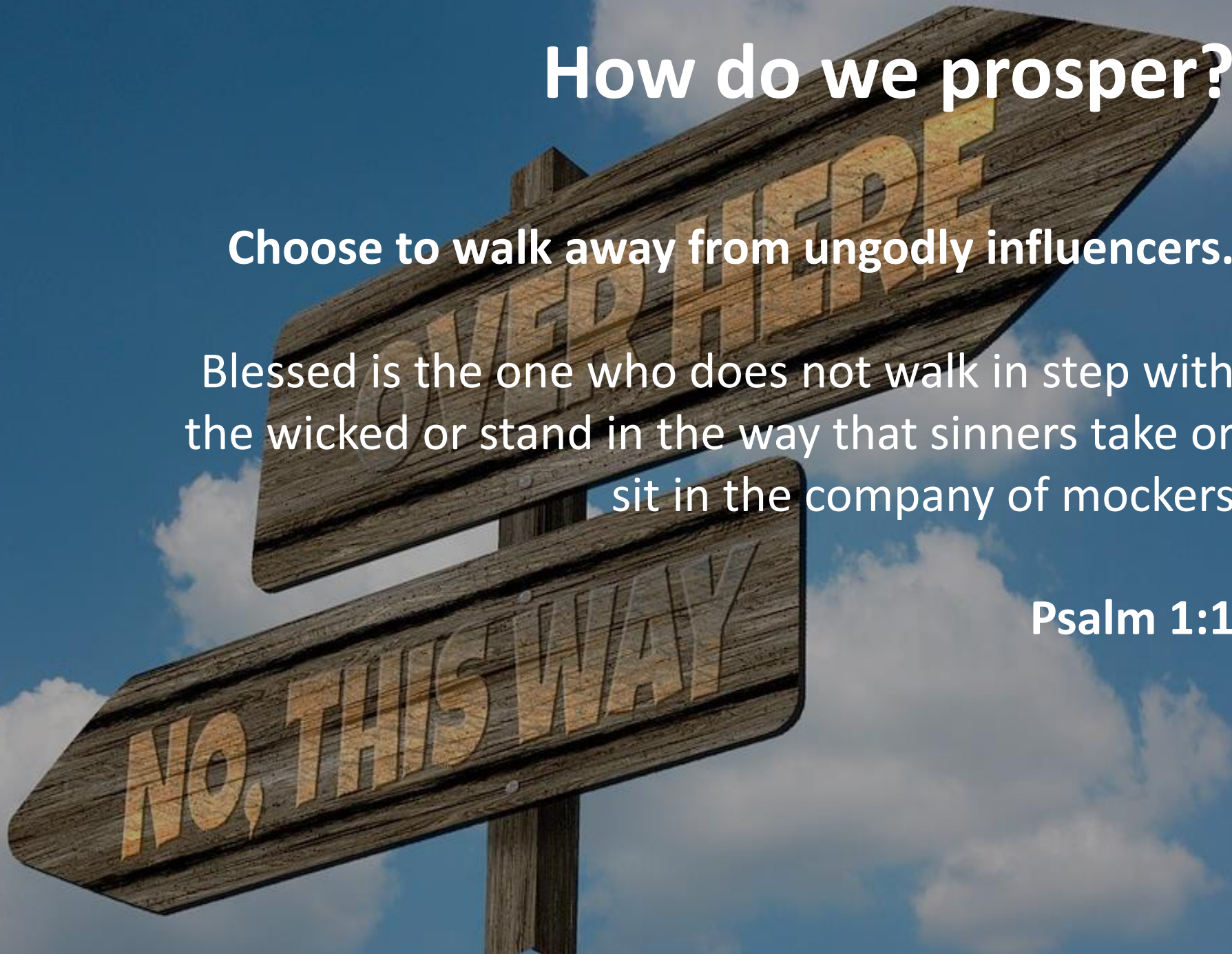


# How do we prosper?

**Choose to walk away from ungodly influencers.**

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers

**Psalm 1:1**

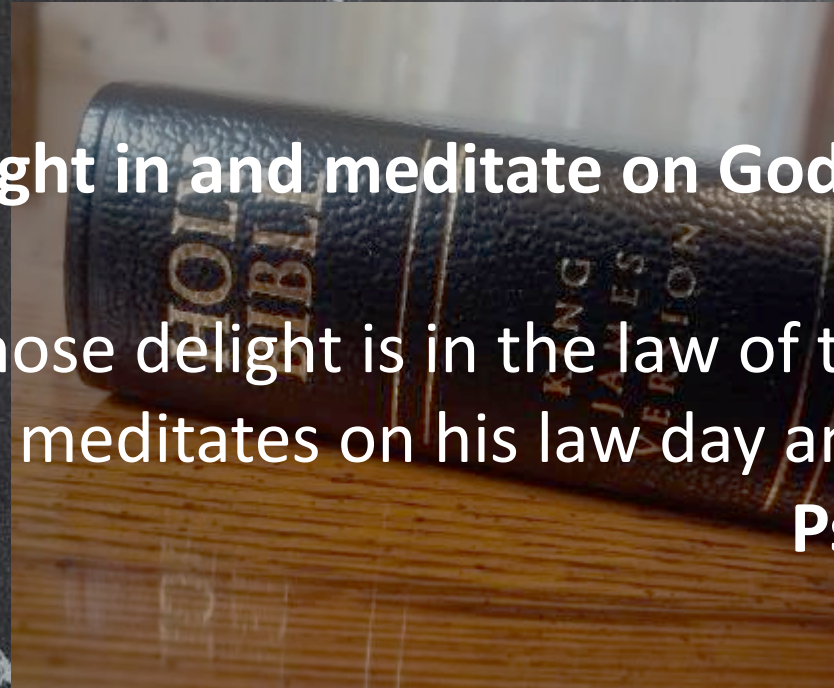


# How do we prosper?

Choose to delight in and meditate on God's word.

2 but whose delight is in the law of the Lord,  
and who meditates on his law day and night.

**Psalm 1:2**





# How do we prosper?

You will be a fruitful tree

3 That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.

Psalm 1:3

Prosper = To push forward, break through



# Come to the treasure trove of God's word!

Anxious about the future?  
Needing guidance?  
Lonely and isolated?  
Overcoming failure?  
Overwhelmed by sin?

Parenting?  
Marriage?  
Singleness?  
Studying? Working?  
Retiring?


Every single situation you could ever face, there is wisdom & promise in God's word for you





OR





# How to experience God's blessing

Whoever gives heed to instruction prospers and  
**blessed is the one who trusts in the Lord.**

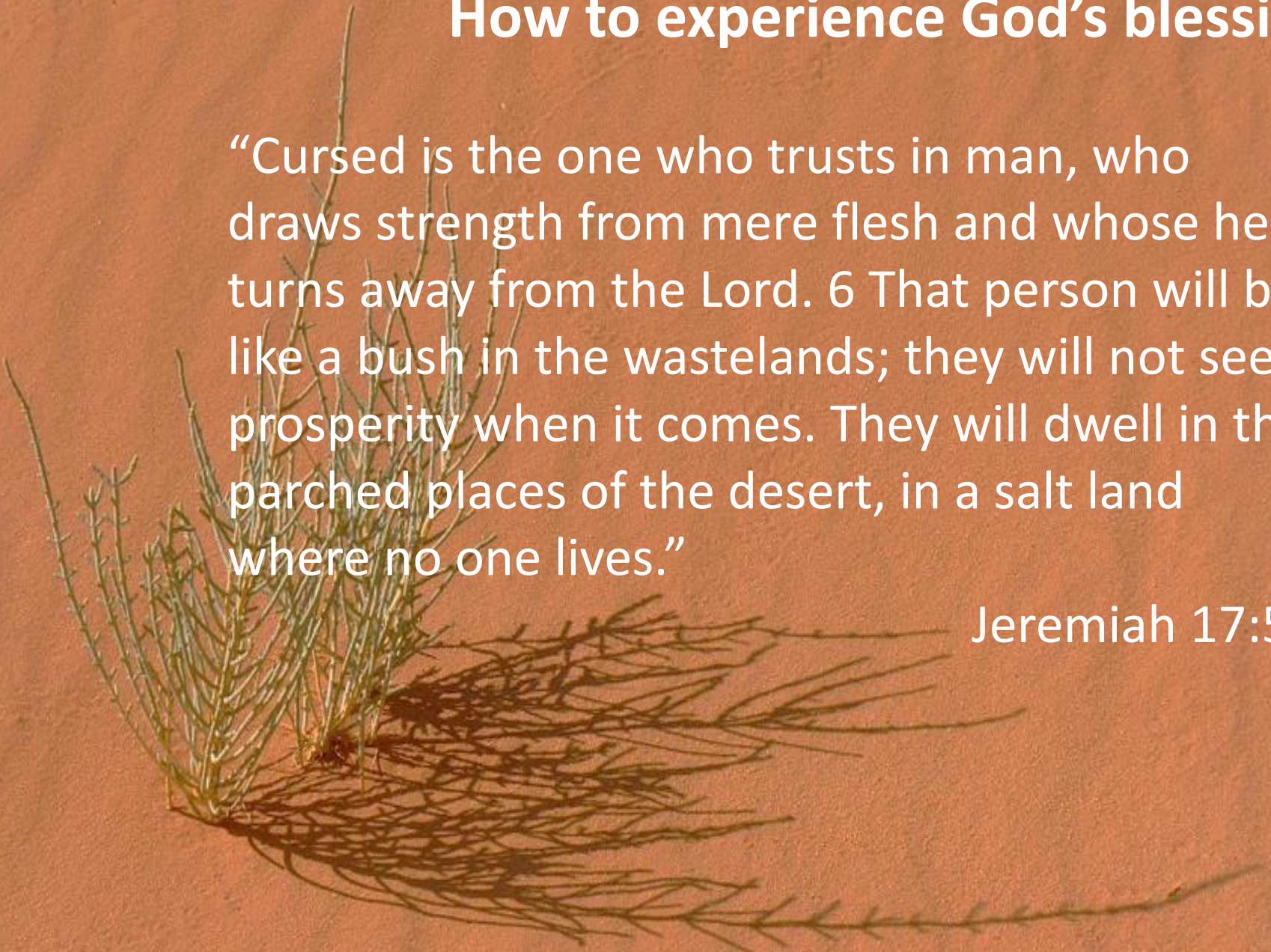
Proverbs 16:20



## How to experience God's blessing

“Cursed is the one who trusts in man, who draws strength from mere flesh and whose heart turns away from the Lord. 6 That person will be like a bush in the wastelands; they will not see prosperity when it comes. They will dwell in the parched places of the desert, in a salt land where no one lives.”

Jeremiah 17:5-6



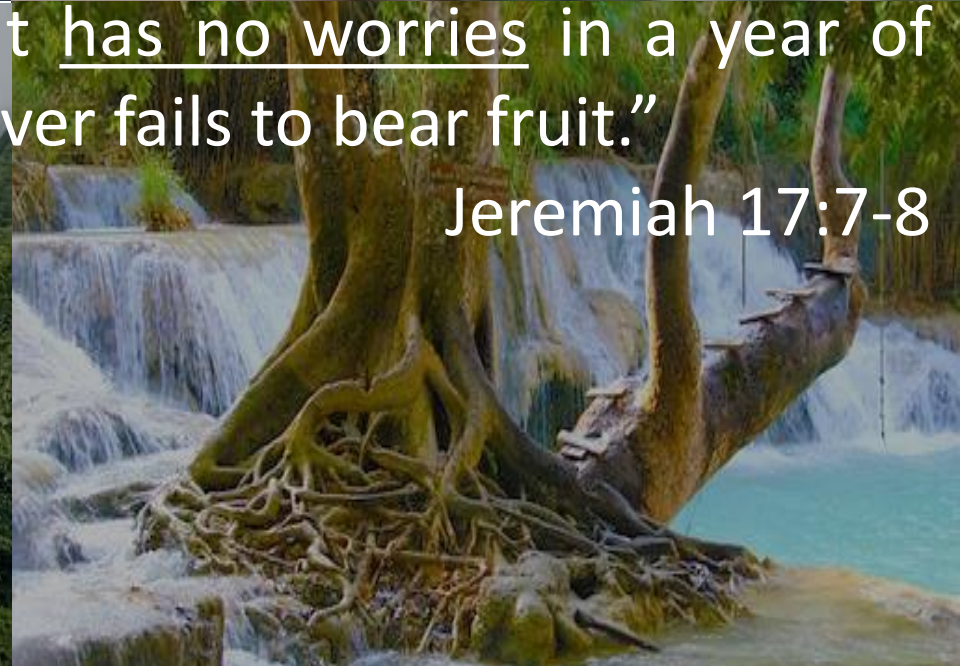
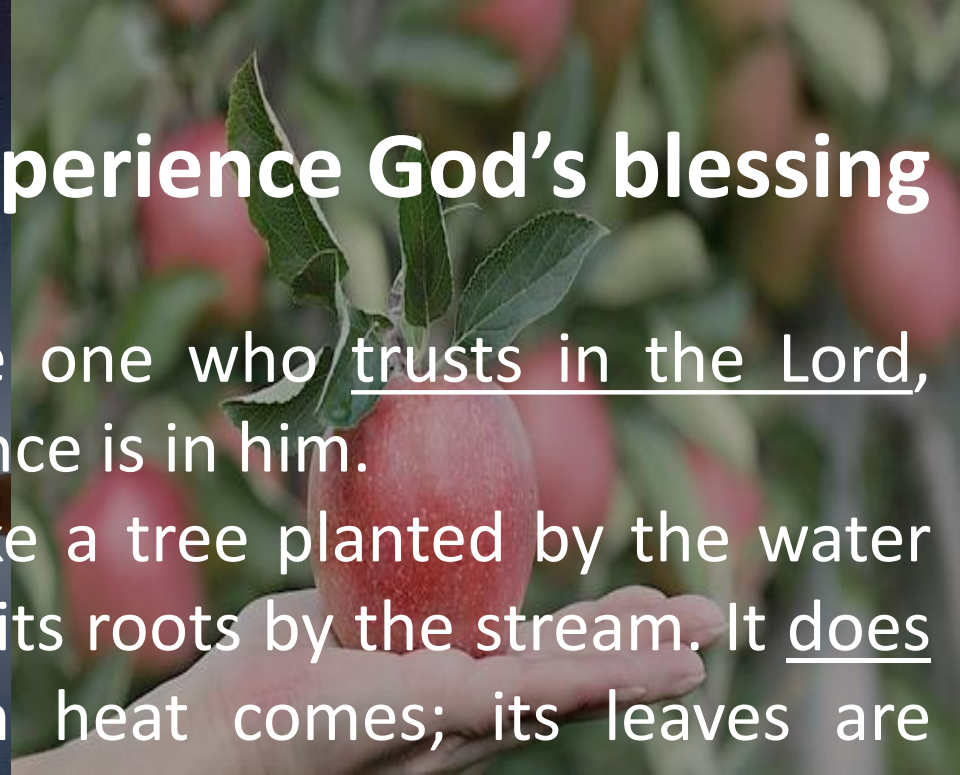
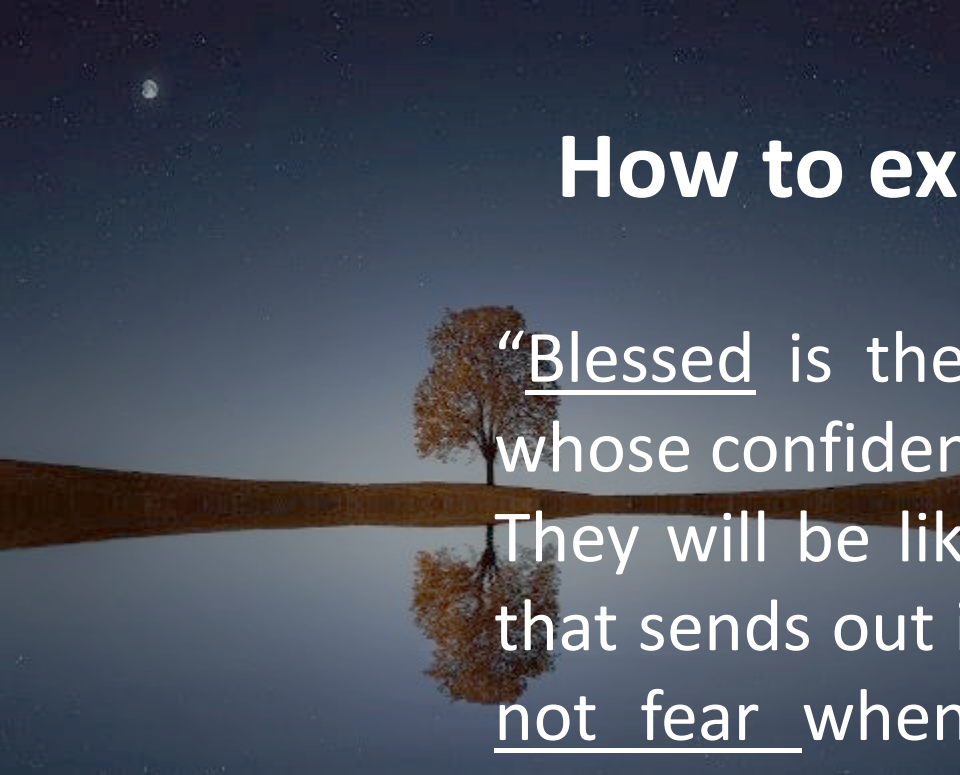


# How to experience God's blessing

"Blessed is the one who trusts in the Lord, whose confidence is in him.

They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."

Jeremiah 17:7-8







OR





# What are you anxious about?

Top 5 things Aussies worry about:

- Future
- Achievements
- Future Career
- Social interactions
- Appearance

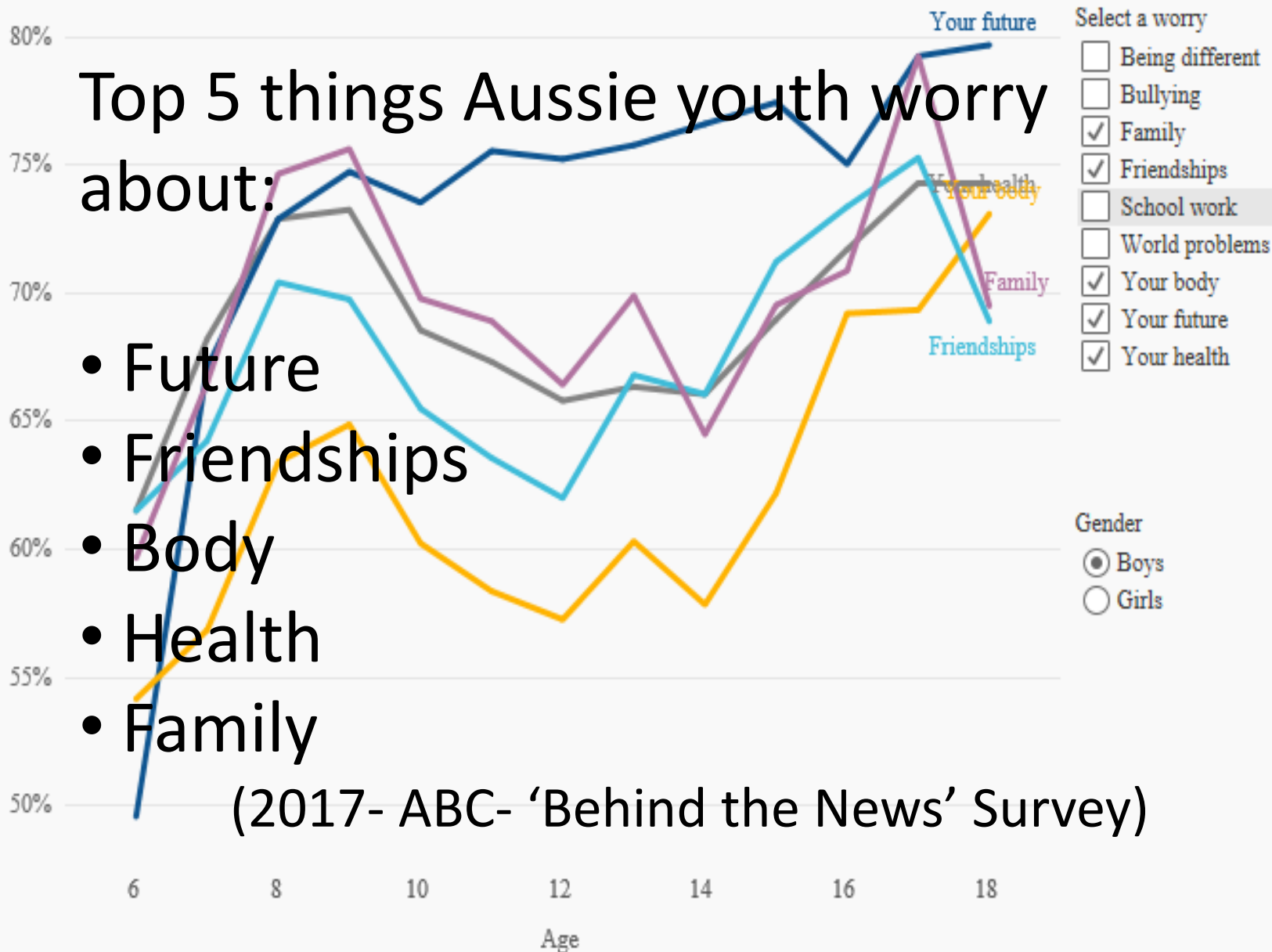
(2012- Macquarie University Research- Anxiety)





# "How often do you worry about...?"

Percentage answering "Sometimes" or "Lots of the time"



## Top 5 things Aussie youth worry about:

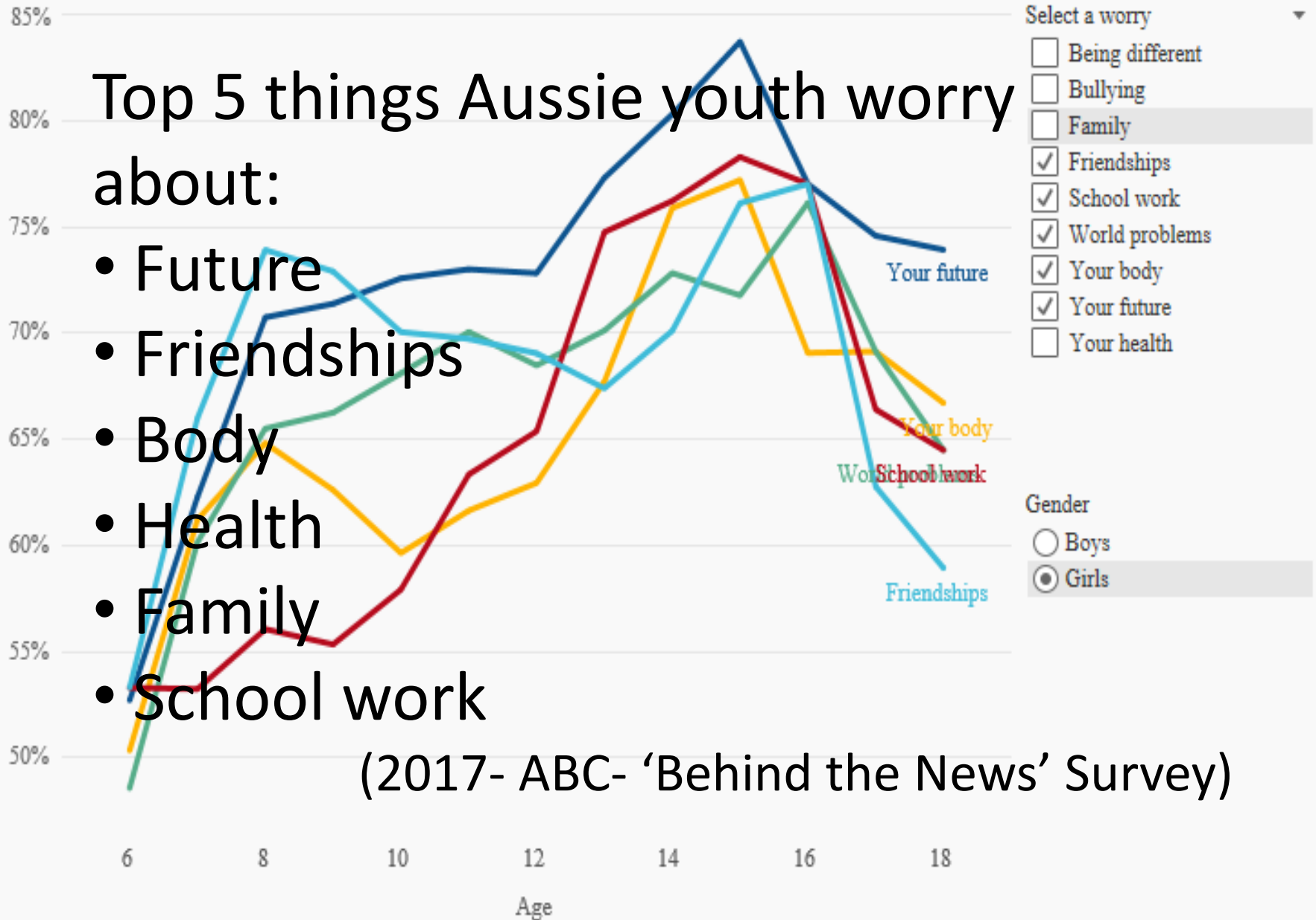
- Future
- Friendships
- Body
- Health
- Family

(2017- ABC- 'Behind the News' Survey)



# "How often do you worry about...?"

Percentage answering "Sometimes" or "Lots of the time"







**Does God have a plan for...**

Your future?

Your family?

Your friendships?

Your studies?

Your work?


Your body?

**YES!**

Can we trust Him in these things? **YES!**

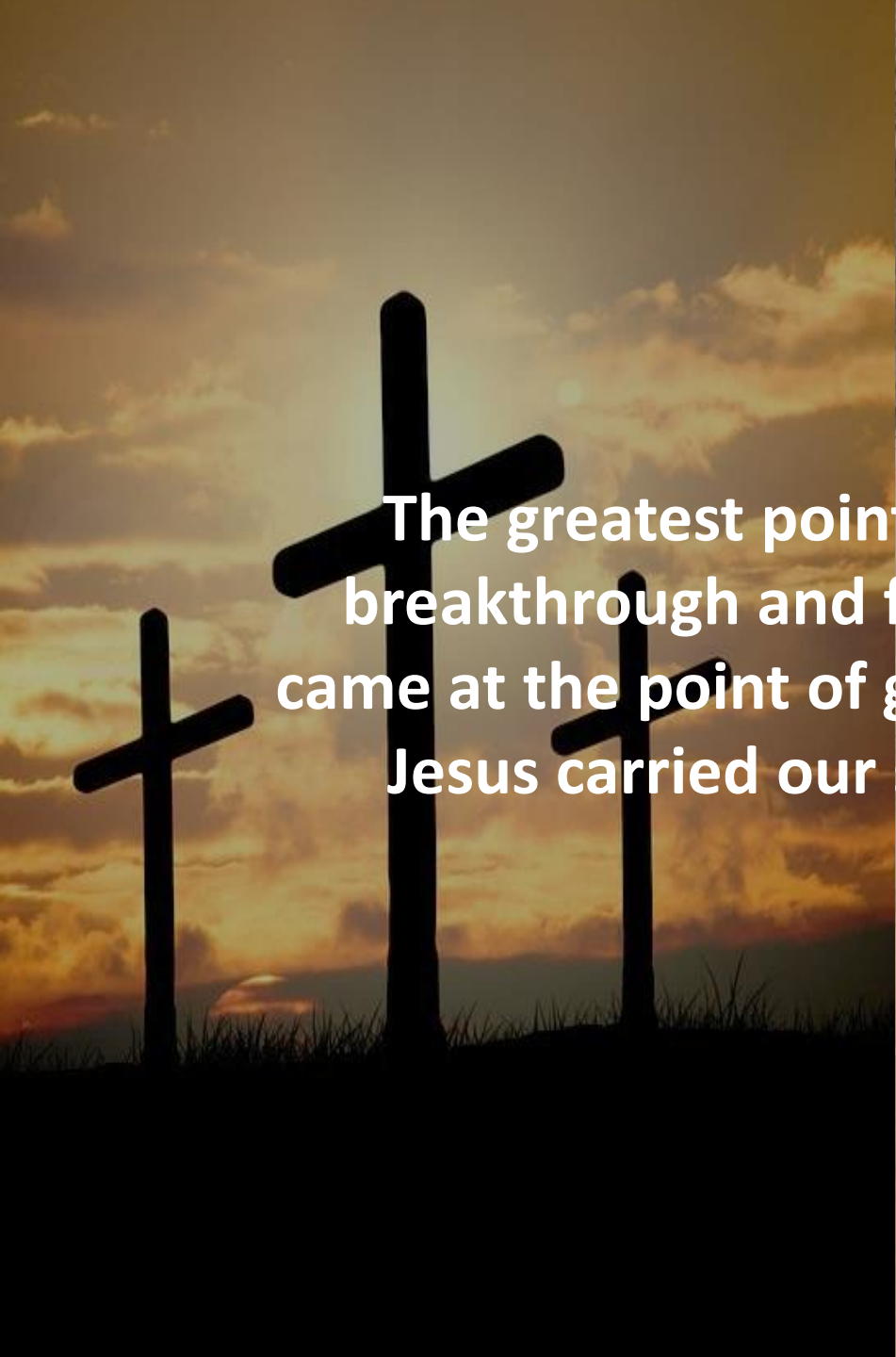




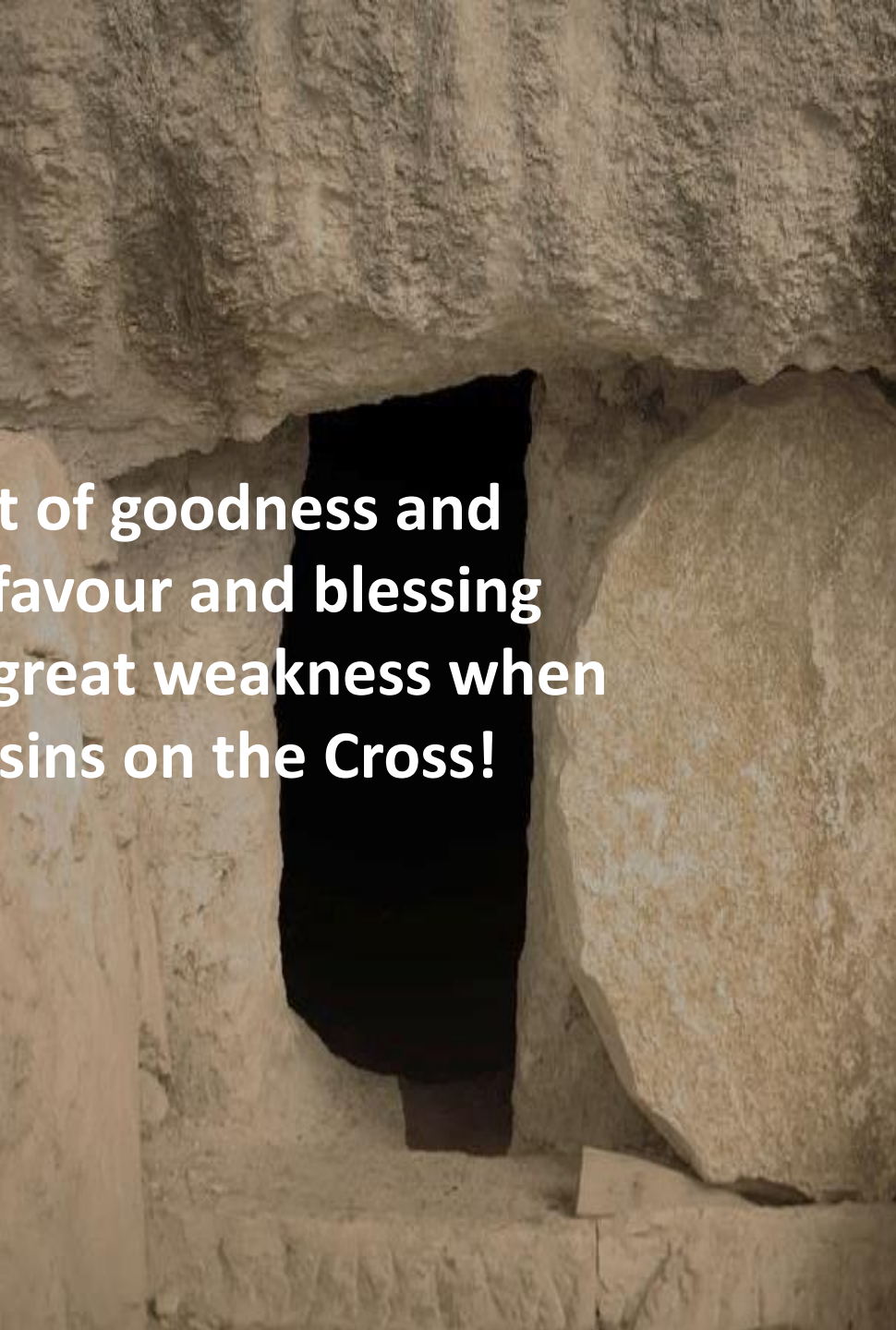


**Are you struggling to  
trust God today?**

**Turn to Him He is so  
trustworthy...**

A photograph of three wooden crosses on a grassy hill against a dramatic sunset sky with orange and yellow clouds. The crosses are silhouetted against the bright light of the setting sun.

**The greatest point of goodness and  
breakthrough and favour and blessing  
came at the point of great weakness when  
Jesus carried our sins on the Cross!**

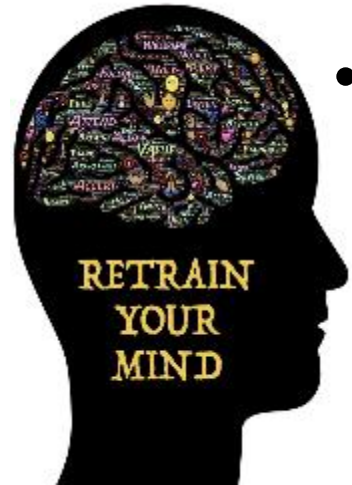
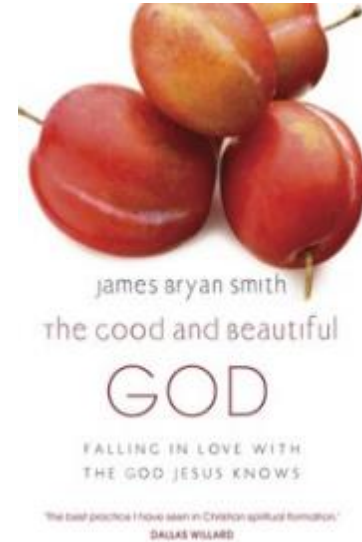




# Soul Training



- **Worry hunting:** Write down 2 things that are weighing on your mind. Find out what God's word says about those things and write out 1 or 2 verses that encourage you (Google is helpful). Pray these verses over your situation and put your trust in God.



- **Mindfulness:** Check out our monthly podcasts for some ideas on incorporating Christ-centred mindfulness in your daily life.

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