

#1 NEW YORK TIMES BESTSELLER

The Anxious Generation

How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness

A
WALL STREET
JOURNAL
TOP 10 BOOK
of 2024

Jonathan Haidt

Coauthor of *The Coddling of the American Mind*



betterhelp



anxiety relief
COLORING BOOK
for adults

mindfulness coloring to soothe anxiety



Worship Prayer & Action Goal

Experience more peace when feeling anxious or fearful by abiding in God's Word.



FACING
anxiety

FINDING
peace

Big Idea

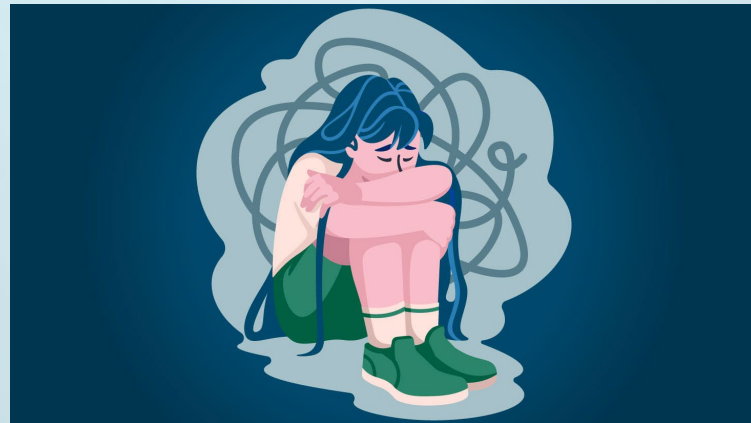
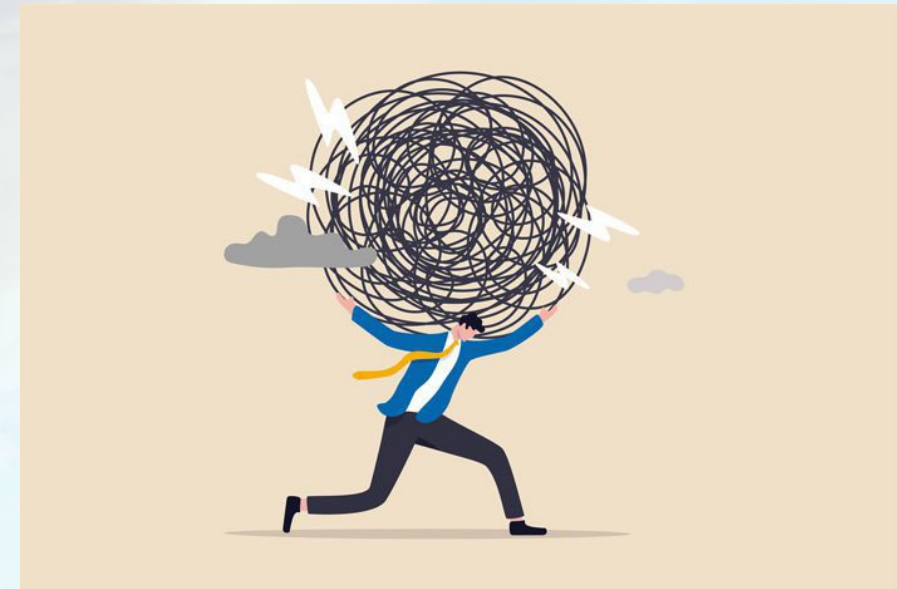
You can face anxiety with God the Father by your side.

Anxiety

1. What is it & where does it come from?
2. Why can we face it?
3. How can we face it?

Anxiety: What is it and where does it come from?

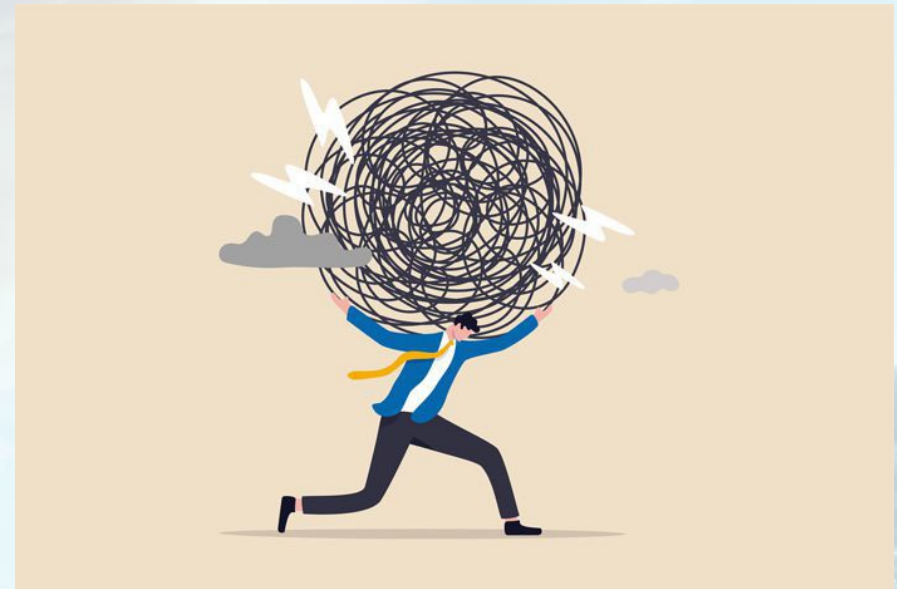
- Fear
 - Anxiety
 - Panic Attacks
 - Stress



Anxiety: What is it and where does it come from?

Comes from circumstances connected to your...

- Body & Soul



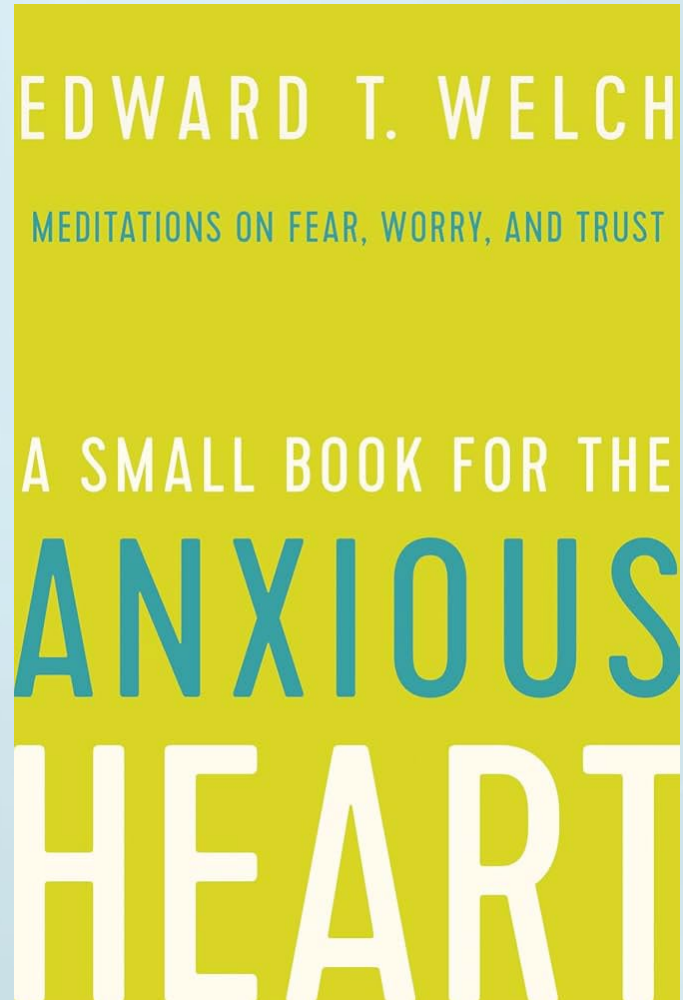
Anxiety: What is it and where does it come from?

Comes from living in a fallen world as...

- Sinners & Sufferers



Anxiety: What is it and where does it come from?



“A general rule about fears and anxiety is that they will not lose their power unless examined.”
Ed Welch

Anxiety: Why can we face it?

God the Father is With Us

The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:5b-7

Anxiety: Why can we face it?

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Philippians 4:5b-7, 9b

Anxiety: Why can we face it?

God the Father is With Us

Be strong and courageous. Do not be frightened, and do not be dismayed, for *the LORD your God is with you wherever you go.*”

Joshua 1:9b

Anxiety: Why can we face it?

God the Father is With Us

fear not, *for I am with you*; be not dismayed, for I am your God

Isaiah 41:10a

Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, *I will be with you*

Isaiah 43:1b-2

Anxiety: Why can we face it?

God the Father is With Us

Even though I walk through the valley of the shadow of death, I will fear no evil, *for you are with me*

Psalm 23:4a

Anxiety: Why can we face it?

God the Father is With Us



FACING anxiety / FINDING peace

Anxiety: Why can we face it?

God the Father Cares for Us

6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, **7** casting all your anxieties on him, *because he cares for you.*

1 Peter 5:6-7

Anxiety: Why can we face it?

God the Father Cares for Us

Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds!

Luke 12:25



Anxiety: Why can we face it?

God the Father Cares for Us

If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?

Romans 8:31b-32

Anxiety: How can we face it?

Speak to God

...but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Philippians 4:6b

...casting all your anxieties on him, because he cares for you.

1 Peter 5:7

Anxiety: How can we face it?

Listen to God

When the cares of my heart are many, your
consolations cheer my soul.

Psalm 94:19

In God, whose word I praise, in the LORD, whose word
I praise, in God I trust; I shall not be afraid. What can
man do to me?

Psalm 56:10-11

Anxiety: How can we face it?

Listen to God

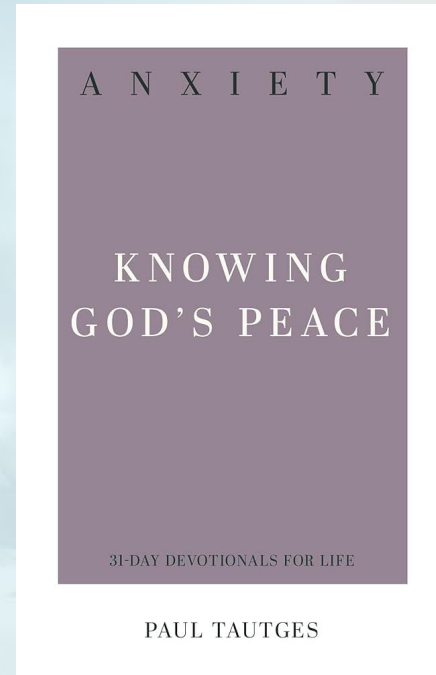
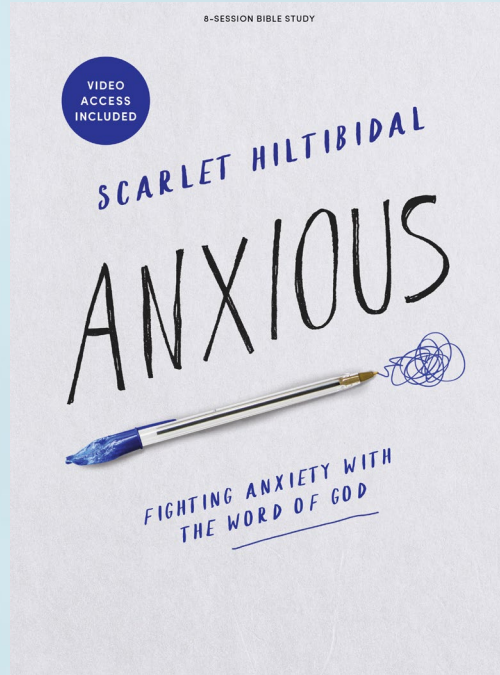
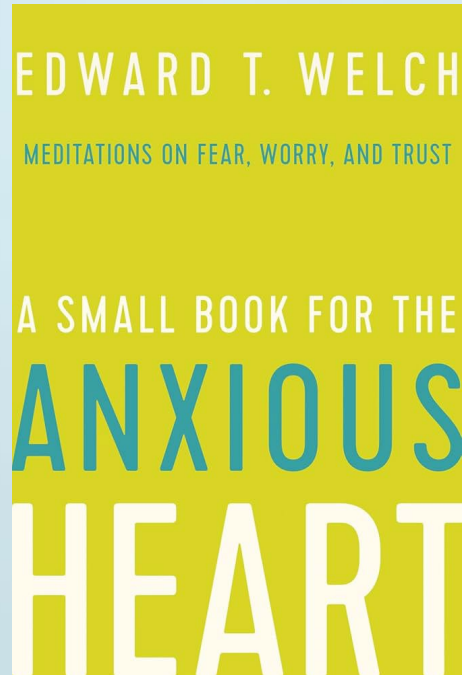
- Facing Anxiety/Finding Peace Scripture Cards



Anxiety: How can we face it?

Listen to God

- Facing Anxiety/Finding Peace Scripture Cards
- Devotionals



Big Idea

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Anxiety

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Mihaela Curtis' Baptism Testimony



FACING *anxiety* / FINDING *peace*

“But through prayer
and turning my heart
to Jesus, I began to
feel a deep sense of
peace. Little by little,
that fear disappeared.”
Mihaela Curtis

