

Philippians 4:4-7

Bring your _____ to God

What is Anxiety??

- all emotions cause a physiological response
- All emotions and physiological responses have a purpose
- Anxiety and _____
 - Your brain cannot process gratitude and anxiety at the same time

1. The Lord Himself - Matt 6:31-33/11:28-30 - Heb. 4:15 - Psa 35:9-10

- God's peace is for us now and later
- We have a God that delivers

2. Constant inward focus only _____ anxiety = **Rumination**

- Matt 6:25-34 - we worry about the future but God calls us into his presence
 - Proverbs 3:5-6

3. Anxiety is _____ by taking all things to God

- 1 Peter 5:5-11 - First humble yourself
- Psa 34:2-4 / Lam 3:20-30 - Humility/Gratitude/Praise
- Matt 26:37-39 - Lament/Humble himself/glorifies God

4. The peace of God is at work in all _____ to guard them

- Colossians 3:1-17 - Thankfulness and Humility = Guarded by Christ
- 2 Timothy 1:7 - We have control over our anxiety
- Ephesians 3:14-21 - Prayer for Spiritual Strength

5. The Role of the Church - Prov 12:25

- Gal 6:2 - Bear each others burdens = fulfilling the law of Christ