

Anxious for NOTHING

Philippians 4:6-9

WHAT IS WRONG WITH ME?

You are NOT CRAZY. You are NOT ALONE.

Psalms 23:1-4

Psalms 139:7-8, 11-12

_____ is not in control.
(fill in your name)

"To put an X through anxiety, we have to admit that we can't manage the actions of people, events or nations. We can't dictate or fully know other people's motives, nor can we make people tell the truth, stop lies, diffuse threats, or right all wrongs. We cannot personally protect and insulate every person we love from pain or cause everyone around us to make wise choices."

Louie Giglio, Putting an X Through Anxiety

REALIZE I AM POWERLESS

Psalms 23:1-4 (again)

GET TO THE BOTTOM OF YOUR ANXIETY. DIG UP THE **ROOTS**

"Anxiety is not a thing in and of itself, but rather a symptom of something else."

PEOPLE PLEASING

"Being a leader isn't about pleasing people. It's about seeking God's glory and then allowing the overflow of that pursuit to pour into people."

John 5:44

1 Peter 5:6-11

STRESS SANDWICH

Matthew 6:34

James 4:13-15

Psalms 118:24

"The anxious soul is often drowning in the noise of fear, discomfort, comparison, and want."
Louie Giglio

Psalms 23

T.R.U.S.T

TURN

Jeremiah 29:12-13

REFLECT
Psalm 9:1-3

UPROOT
Romans 11:16b "If the root is holy..."

SEED
Philippians 4:8

TASTE
Psalm 34:8

I MUST HUMBLE MYSELF

Philippians 2:3

I CAN BE FREE

""Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."
Matthew 11:28-30 MSG

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(I want this on the screen)