

God's Tools to Eliminate Anxiety (1 Tim. 4:8)

Do you ever struggle with anxiety? When?

Tool #1 — _____ (Exodus 20:8)

1. Resting for your usual _____
2. Dedicating an entire day to living in the _____

Will you use this tool?

Tool #2 — _____ (Matthew 9:14)

1. Shrinks the _____
2. Strengthens the _____

Will you use this tool?

Tool #3 — _____ (Psalm 77:1)

Will you use this tool?