



Peace

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Anxiety: A mental and physical state of negative expectation. The cognitive feelings of dread in anticipation of some bad outcome

What causes you anxiety? _____

Some activities can provide a measure of help to reduce anxiety. But they are _____

The _____ that leads to peace:

What to avoid

- _____ *Philippians 4:12-13; 1 Timothy 6:6-8; Matthew 6:33*
Websters-"lack of satisfaction with one's possessions, status, or situation"
- The good news: Contentment is a _____
- Choosing to live _____ vs. _____

Romans 13:1-3; Dueteronomy 28:1

What to consume

- God's _____ *Psalm 119:105; 23:4*
Isaiah 26:3-"You keep him in perfect peace whose mind is stayed on You, because he trusts in You"
- _____ *1 Peter 5:8; 1 John 4:18; Proverbs 3:25-26; 1 Peter 5:7*

Specific activities to start doing

- _____
Philippians 4:6-"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."
- When I start praying, anxiety _____
- Get _____ with _____ and _____
- Learn how to _____ your sin *Matthew 5:23-24; Romans 12:18*
- Seek _____ friends *Hebrews 10:24, 25*
- Fully _____ God *Proverbs 3:5-6*
- The ultimate peace: to no longer _____ death *Hebrews 13:5*
- _____ firm *Joshua 1:9; 1 Peter 2:18-24; Hebrews 10:39*

WHAT WILL HAPPEN TODAY?



We will sing together



A host will say "Hello"



You will hear an encouraging message



We will sing some more



We will receive an offering



Online Notes

Follow us for encouragement during the week --->



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