THEN JESUS SAID TO HIS DISCIPLES: "THEREFORE I TELL YOU, DO NOT WORRY ABOUT YOUR LIFE, WHAT YOU WILL EAT; OR ABOUT YOUR BODY, WHAT YOU WILL WEAR. FOR LIFE IS MORE THAN FOOD, AND THE BODY MORE THAN CLOTHES. CONSIDER THE RAVENS: THEY DO NOT SOW OR REAP, THEY HAVE NO STOREROOM OR BARN; YET GOD FEEDS THEM. AND HOW MUCH MORE VALUABLE YOU ARE THAN

BIRDS! WHO OF YOU BY WORRYING CAN ADD A SINGLE HOUR TO YOUR LIFE? SINCE YOU CANNOT DO THIS VERY LITTLE THING, WHY DO YOU WORRY ABOUT THE REST? CONSIDER HOW THE WILD FLOWERS GROW. THEY DO NOT LABOR OR SPIN. YET I TELL YOU, NOT EVEN SOLOMON IN ALL HIS SPLENDOR WAS DRESSED LIKE ONE OF THESE. IF THAT IS HOW GOD CLOTHES THE GRASS OF THE

FIELD, WHICH IS HERE TODAY, AND TOMORROW IS THROWN INTO THE FIRE, HOW MUCH MORE WILL HE CLOTHE YOU—YOU OF LITTLE FAITH! AND DO NOT SET YOUR HEART ON WHAT YOU WILL EAT OR DRINK; DO NOT WORRY ABOUT IT. FOR THE PAGAN WORLD RUNS AFTER ALL SUCH THINGS, AND YOUR FATHER KNOWS THAT YOU NEED THEM. BUT SEEK HIS KINGDOM, AND THESE THINGS WILL BE GIVEN

## THAT WILL NOT WEAR OUT, A TREASURE IN COMES NEAR AND NO MOTH DESTROYS. FOR

### LUKE 12:22-34

TO YOU AS WELL. DO NOT BE AFRAID, LITTLE FLOCK, FOR YOUR FATHER HAS BEEN PLEASED TO GIVE YOU THE KINGDOM. SELL YOUR POSSESSIONS AND GIVE TO THE POOR. PROVIDE PURSES FOR YOURSELVES HEAVEN THAT WILL NEVER FAIL, WHERE NO THIEF

## WHERE YOUR TREASURE IS, THERE YOUR HEART WILL BE ALSO.



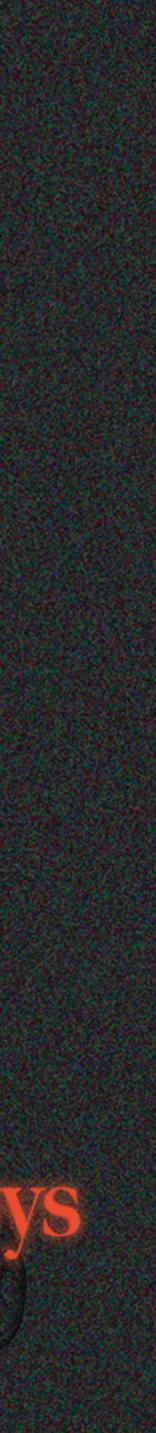


## ... THE AVERAGE HIGH SCHOOL KID TODAY HAS THE SAME LEVEL OF ANXIETY AS THE AVERAGE PSYCHIATRIC PATIENT IN THE EARLY 1950S.

## ROBERT LEAHY, PSYCHOLOGIST









## ANXIETY IS ALWAYS AT LEAST SPIRITUAL.















## THE PROBLEMS WITH ANXIETY

Killjo

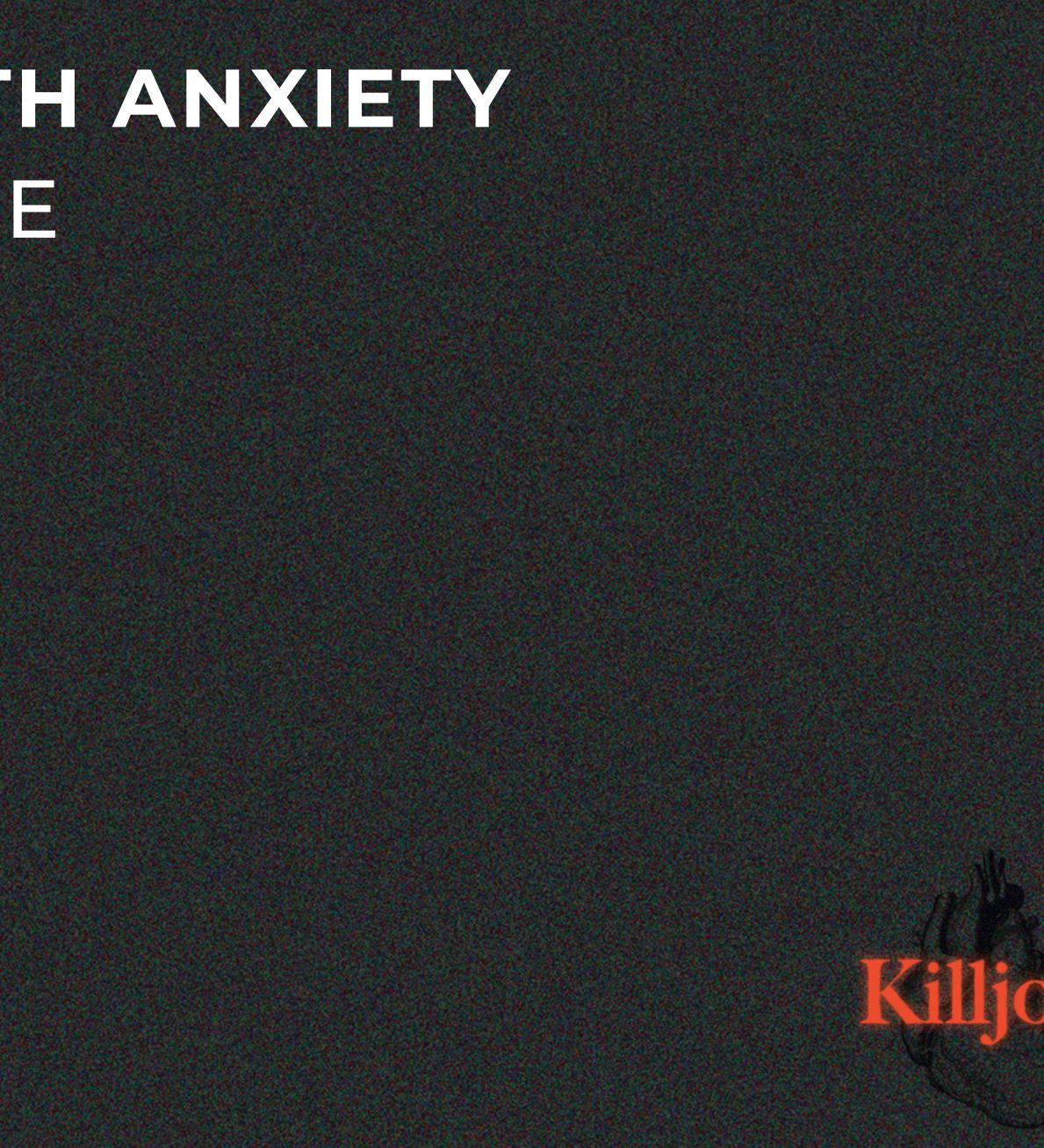








## THE PROBLEMS WITH ANXIETYIT TRUNCATES LIFE



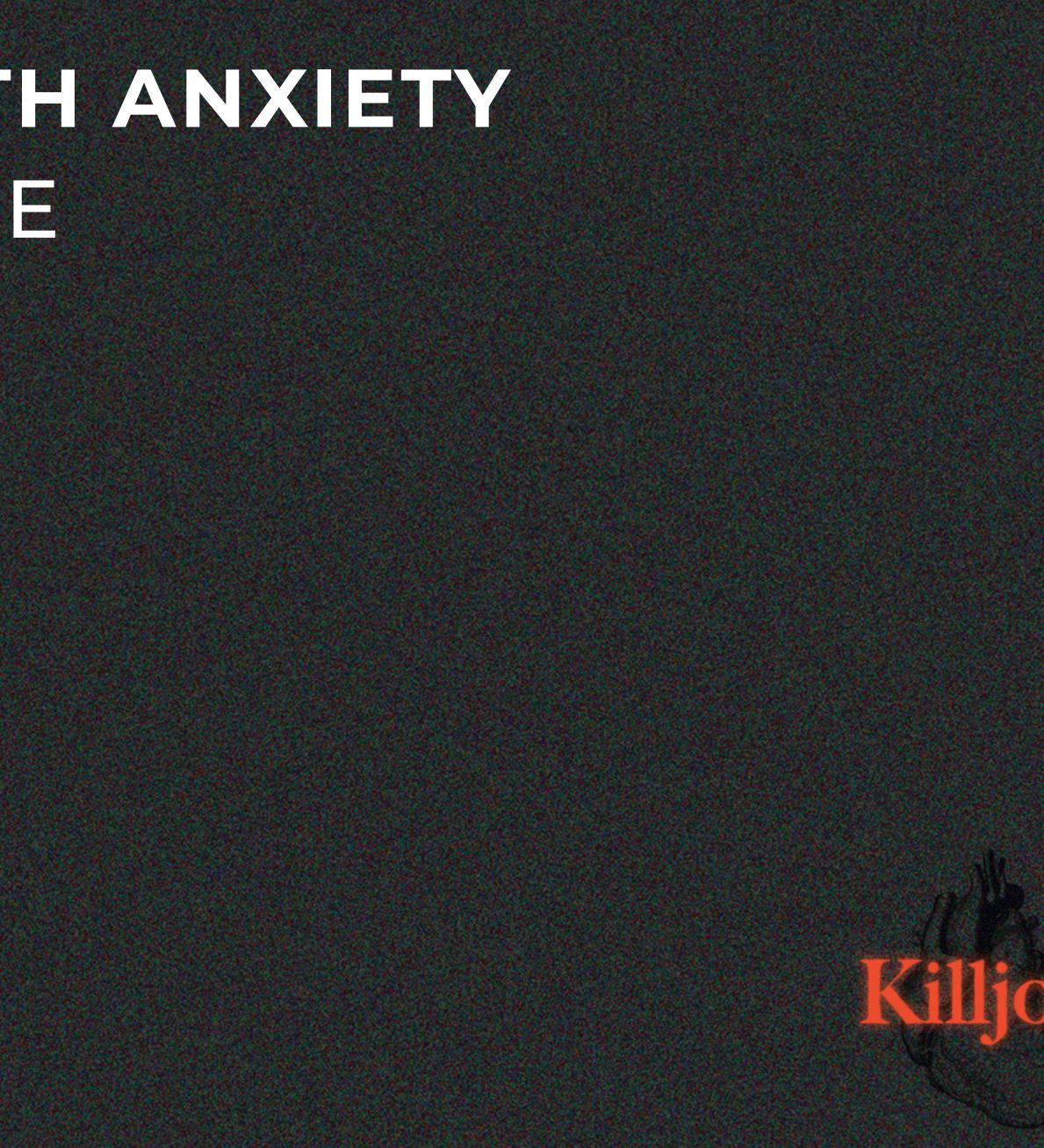






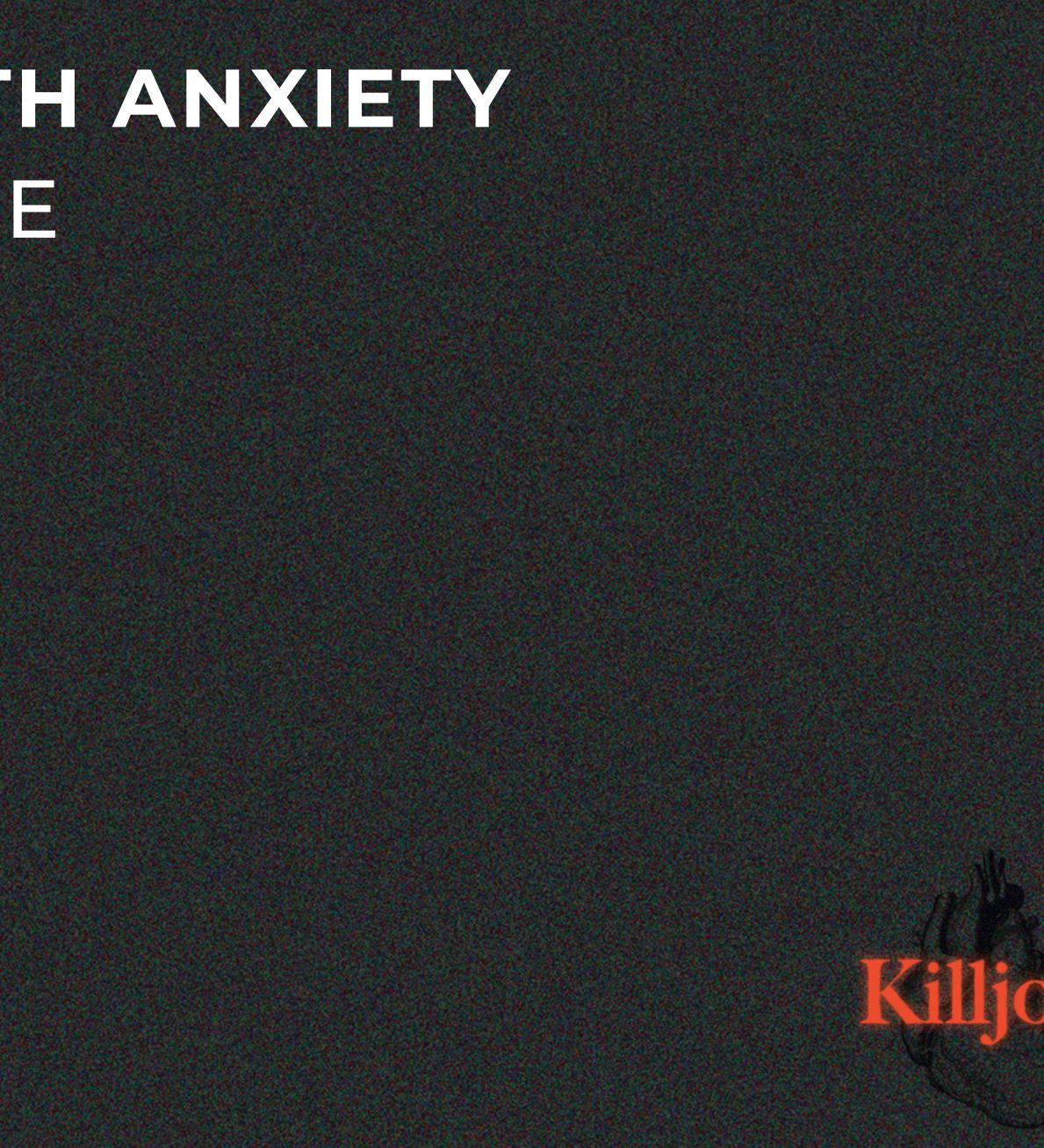


## THE PROBLEMS WITH ANXIETY IT TRUNCATES LIFE IT IGNORES GOD





# THE PROBLEMS WITH ANXIETY IT TRUNCATES LIFE IT IGNORES GOD IT IS INEFFECTIVE







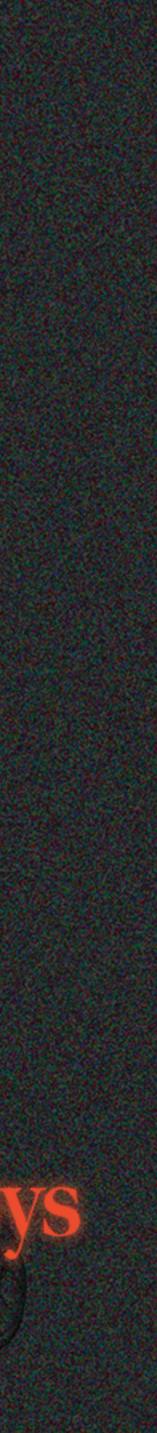




## I AM AN OLD MAN AND HAVE KNOWN A GREAT MANY TROUBLES, BUT MOST OF THEM **NEVER HAPPENED.**

## MARK TWAIN







• REAL, LEGITIMATE CONCERNS: 8% HEALTH-RELATED CONCERNS: 12% • PETTY, MISCELLANEOUS CONCERNS: 10% THINGS THAT HAPPENED IN THE PAST AND CAN'T BE CHANGED: 30% • FUTURE THINGS THAT NEVER HAPPENED: 40%



## WORRY NEVER ROBS **TOMORROW** OF ITS **SORROW**, BUT ONLY SAPS **TODAY** OF ITS **STRENGTH**.

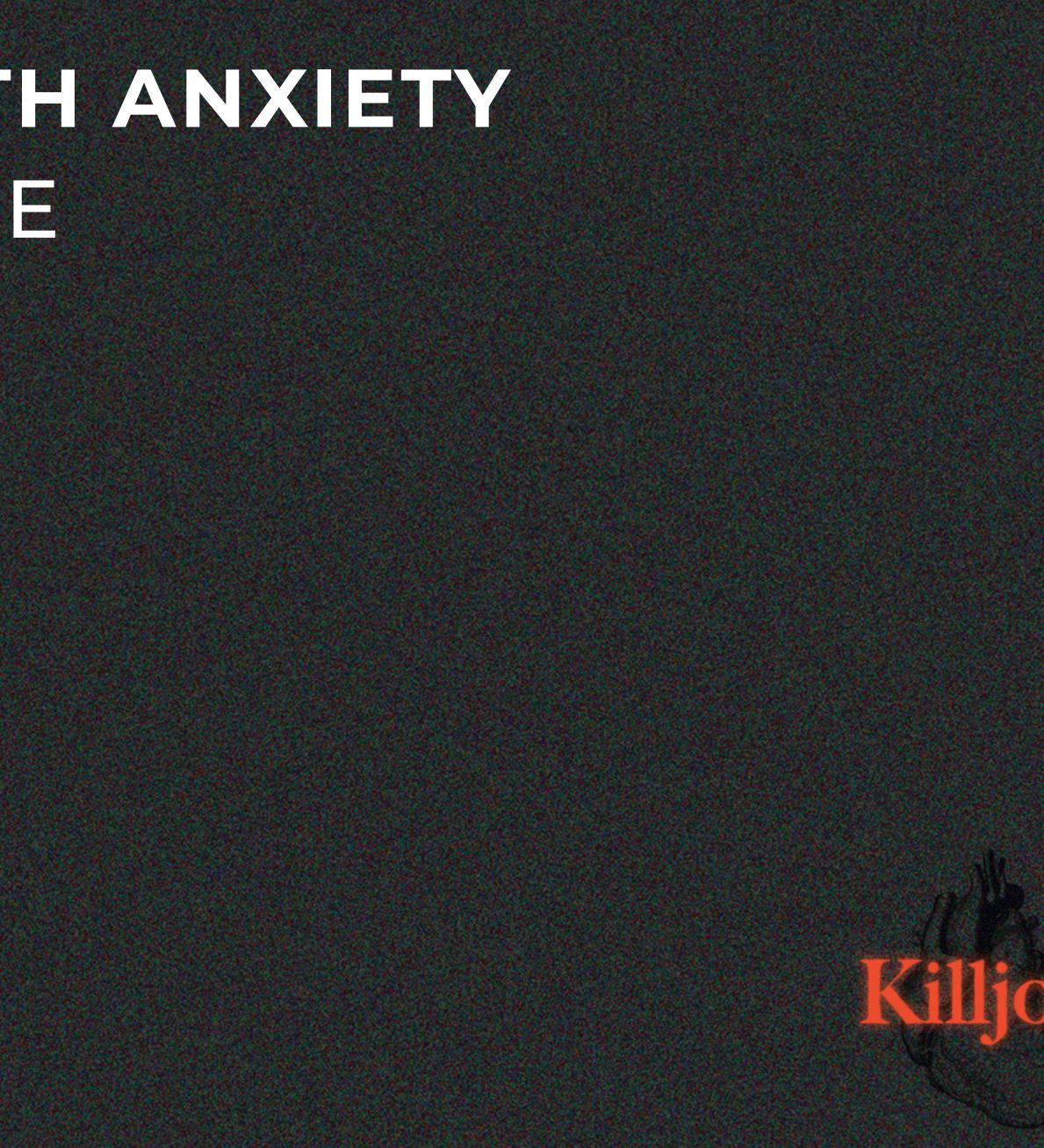








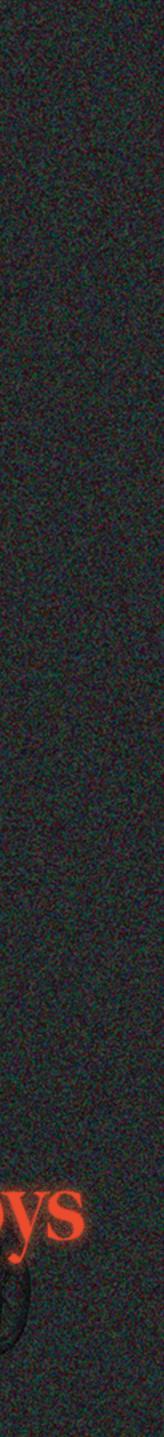
# THE PROBLEMS WITH ANXIETY IT TRUNCATES LIFE IT IGNORES GOD IT IS INEFFECTIVE





## THE SOURCE OF ANXIETY





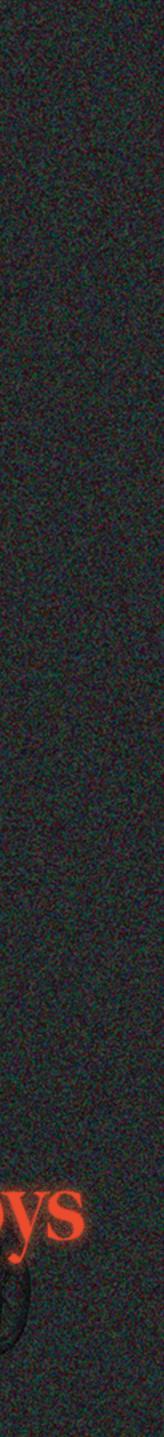














## THE RESPONSE OF ANXIETY



REJOICE IN THE LORD ALWAYS; AGAIN I WILL SAY, REJOICE. LET YOUR REASONABLENESS BE KNOWN TO EVERYONE. THE LORD IS AT HAND; 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

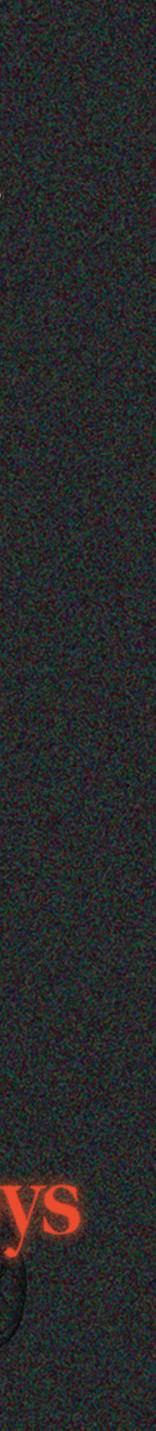
## **PHILIPPIANS 4:6-7**



## GOD, WHICH SURPASSES ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS.

## PHILIPPIANS 4:6-7





## TWO WAYS TO RESPOND:



## TWO WAYS TO RESPOND:PRESENT YOUR REQUESTS TO GOD





## **TWO WAYS TO RESPOND:**PRESENT YOUR REQUESTS TO GOD MAKE GRATITUDE A REGULAR PRACTICE





HE WHO DID NOT SPARE HIS OWN SON BUT ALL THINGS?

### ROMANS 8:32

## GAVE HIM UP FOR US ALL, HOW WILL HE NOT ALSO, ALONG WITH HIM, GRACIOUSLY GIVE US



