



-.001.tiff



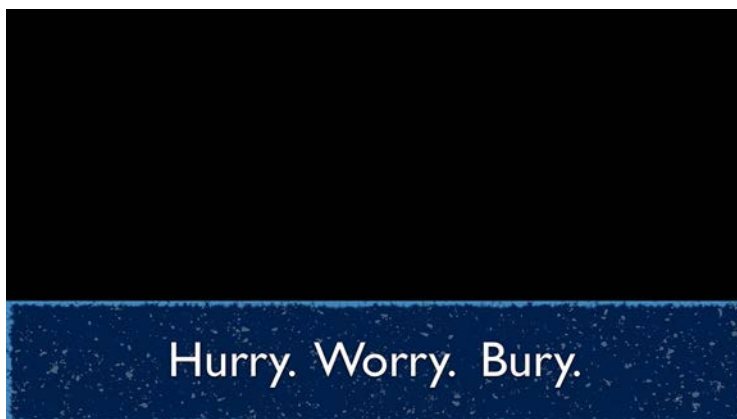
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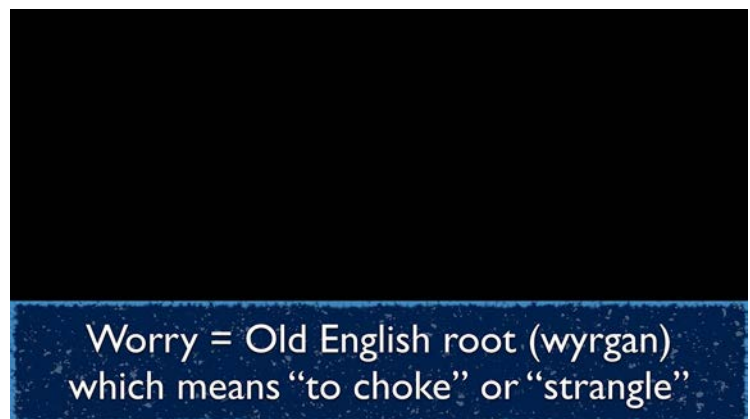
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-.004.tiff



-.005.tiff



-.006.tiff

Worry = Anxiety, Fear, Nervousness,
Agitation, and Stress

-.007.tiff

spirit = *pneuma*
soul = *psuche*
body = *soma*

Now may the God of
peace Himself sanctify you
completely, and may your
whole spirit and soul and
body be kept blameless
at the coming of our
Lord Jesus Christ.
—1 Thessalonians 5:23

-.008.tiff

Anxiety Burdens My Body

-.009.tiff

Anxiety in a man's heart weighs him down, but
a good word makes him glad. —Proverbs 12:25

-.010.tiff

Anxiety Interrupts My Sleep

-.011.tiff

It is in vain that you rise up
early and go late to rest,
eating the bread of anxious toil;
for He gives to His beloved sleep.
—Psalm 127:2

-.012.tiff

Anxiety Distracts My Focus

-.013.tiff

²⁵“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? ²⁶Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them.

-.014.tiff

Are you not of more value than they?
²⁷And which of you by being anxious can add a single hour to his span of life?
²⁸And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin.
 —Matthew 6:25-28

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...casting all your anxieties on Him, because He cares for you. —1 Peter 5:7

-.016.tiff

Anxiety Weakens My Faith

-.017.tiff

⁶Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. —Philippians 4:6-7

-.018.tiff

"The only thing we have to fear is fear itself."
—Franklin D. Roosevelt

-.019.tiff

"Taking care of yourself is the best gift you
can give those who love you."

-.020.tiff

PRAYING

Praying means
admitting our dependence.

-.021.tiff

¹⁰"Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!" ¹¹The
LORD of hosts is with us; the God of
Jacob is our fortress. —Psalm 46:10-11
God is our refuge and strength, a very
present help in trouble. —Psalm 46:1

-.022.tiff

Prayer is a God-given and God-intended
means of processing life in light of our
created purpose—to know and love God.

"Prayer does not always change the
situation and make it better, but prayer
always changes us and makes us better."
—David Jeremiah

-.023.tiff

THANKING

Thanking means
trusting God's providence.

-.024.tiff

“The sin underneath all our sins is to trust the lie of the serpent that we cannot trust the love and grace of Christ and must take matters into our own hands.” —Martin Luther

-.025.tiff

“Sin is cosmic ingratitude. It gives you the delusion that you have the ability to conduct and hold your life together. Actually every day that your heart keeps pumping, your country is not invaded, and your brain keeps functioning is wholly an undeserved gift of God. We ought to live simple, normal, uneventful days full of amazed, thankful joy.”
—Timothy Keller

-.026.tiff

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
—1 Thessalonians 5:18

-.027.tiff

¹Praise the LORD! Blessed is the man who fears the LORD, who greatly delights in His commandments!... ⁷He is not afraid of bad news; his heart is firm, trusting in the LORD. ⁸His heart is steady; he will not be afraid, until he looks in triumph on his adversaries. —Psalm 112:1, 7-8

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THINKING

Thinking means concentrating with coherence.

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Thinking is a discipline that must be developed if we are to have coherent and not chaotic lives.

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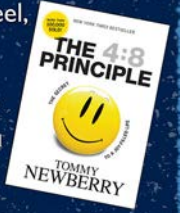
¹I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ²Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. —Romans 12:1-2

...and to be renewed in the spirit of your minds.

—Ephesians 4:23

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“Most people are oblivious to their habitual way of thinking... Most of your thinking is more like background noise, while you engage in other activities. Yet behind everything you do is a thought, and each individual thought contributes to your overall character. How well your mind works dictates how much joy you experience, how successful you feel, and how well you interact with other people. No area of your life is untouched by your thoughts. Your habitual thinking patterns either encourage you toward excellence or nudge you into weakness.” —Tommy Newberry



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DOING

Doing means
overcoming with obedience.

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“Faith is like a muscle, the more you exercise it the stronger it grows.”

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