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

—Philippians 4:6-7 ESV

Anxiety in a man's heart weighs him down, but a good word makes him glad.

—Proverbs 12:25 ESV

-.001.tiff -.002.tiff

"There is nothing that can so consume

"There is nothing that can so consume the strength and joy you need in life today as the subtle enemy called anxiety."

What Causes Anxiety?

-.003.tiff -.004.tiff

"Anxiety seems to be an intense desire for

something, accompanied by a fear of the consequences of not receiving it."

<sup>25</sup>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? <sup>26</sup>Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them.

-.005.tiff -.006.tiff

Are you not of more value than they? <sup>27</sup>And which of you by being anxious can add a single hour to his span of life? <sup>28</sup>And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup>yet I tell you, even Solomon in all his glory was not arrayed like one of these.

30But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? <sup>31</sup>Therefore do not be anxious, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" <sup>32</sup>For the Gentiles seek after all these things,

-.007.tiff -.008.tiff

and your heavenly Father knows that you need them all. <sup>33</sup>But seek first the kingdom of God and His righteousness, and all these things will be added to you. <sup>34</sup>Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. —Matthew 6:25-34 ESV

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

—I John 4:18 ESV

-.009.tiff -.010.tiff

What are the Consequences of Anxiety?

11Take care lest you forget the LORD your God by not keeping His commandments and His rules and His statutes, which I command you today, <sup>12</sup>lest, when you have eaten and are full and have built good houses and live in them,

-.011.tiff -.012.tiff

13and when your herds and flocks multiply and your silver and gold is multiplied and all that you have is multiplied, 14then your heart be lifted up, and you forget the LORD your God, who brought you out of the land of Egypt, out of the house of slavery.—Deuteronomy 8:11-14 ESV

"Anxiety is not a pain-killer, but a joy-stealer."

-.013.tiff -.014.tiff

<sup>4</sup>Rejoice in the Lord always; again I will say, rejoice... <sup>6</sup>do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

—Philippians 4:4, 6-7 ESV

What is the Cure for Anxiety?

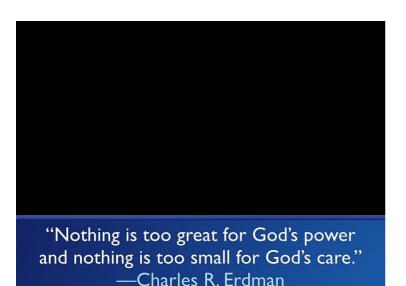
-.015.tiff -.016.tiff

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

The LORD gave, and the LORD has taken away; blessed be the name of the LORD.

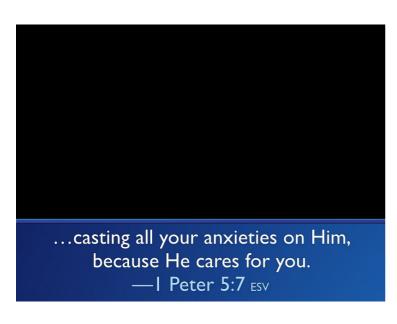
—Job 1:21b ESV

-.017.tiff -.018.tiff



What a friend we have in Jesus,
All our sins and griefs to bear!
What a privilege to carry
Everything to God in prayer!
Oh, what peace we often forfeit,
Oh, what needless pain we bear,
All because we do not carry
Everything to God in prayer!
—Joseph Scriven

-.019.tiff -.020.tiff





-.021.tiff -.022.tiff

