

**Philippians 4:6-7 NIV** **6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**Anxiety is** my body's \_\_\_\_\_ response to \_\_\_\_\_.

**When I am anxious, I must:**

**1.** \_\_\_\_\_ to it.

**1 Peter 5:6-7 LB** **6** If you will \_\_\_\_\_ yourselves under the mighty hand of God, in his good time he will lift you up. **7** Let \_\_\_\_\_ all your worries and cares, for he is always thinking about you and watching everything that concerns you.

**2.** \_\_\_\_\_.

If I were to \_\_\_\_\_ as much as we \_\_\_\_\_, I would have a lot less to \_\_\_\_\_ about.

**Matthew 6:27 NLT** **27** Can all your worries add a single moment to your life? ... **30** And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? **31** "So don't worry about these things ..."

I must pray about \_\_\_\_\_ with  
\_\_\_\_\_!

This kind of prayer is like a \_\_\_\_\_  
\_\_\_\_\_.

**3. Keep a \_\_\_\_\_ on Jesus.**

Keeping a tight grip on Christ brings incredible \_\_\_\_\_,  
and that peace will \_\_\_\_\_ my heart and mind. **Phil. 4:7**

**How do I keep a firm grip on Jesus?**

- I \_\_\_\_\_ about Him - who He is, what He can do, has done & is doing for us.
- I \_\_\_\_\_ to Him \_\_\_\_\_.
- I talk about Him to \_\_\_\_\_.
- I believe & trust that He is at \_\_\_\_\_ helping me.
- I \_\_\_\_\_ His word and \_\_\_\_\_ in my understanding of Him.
- I \_\_\_\_\_ on Him & Him \_\_\_\_\_!

*I \_\_\_\_\_ Jesus with white knuckles as I prayed during panic attacks. I desperately felt my need for prayer every single day. Words like those of Psalm 23 weren't just nice words to casually read or embroider on a throw blanket. They were my life.*

**NEXT STEPS:**

- \_\_\_ I will humble myself and acknowledge my anxiety before God & others.
- \_\_\_ I will start praying more and worrying less.
- \_\_\_ I will put my whole trust in Jesus Christ and receive His peace.
- \_\_\_ I will ask for help for my anxiety.