



ANXIETY

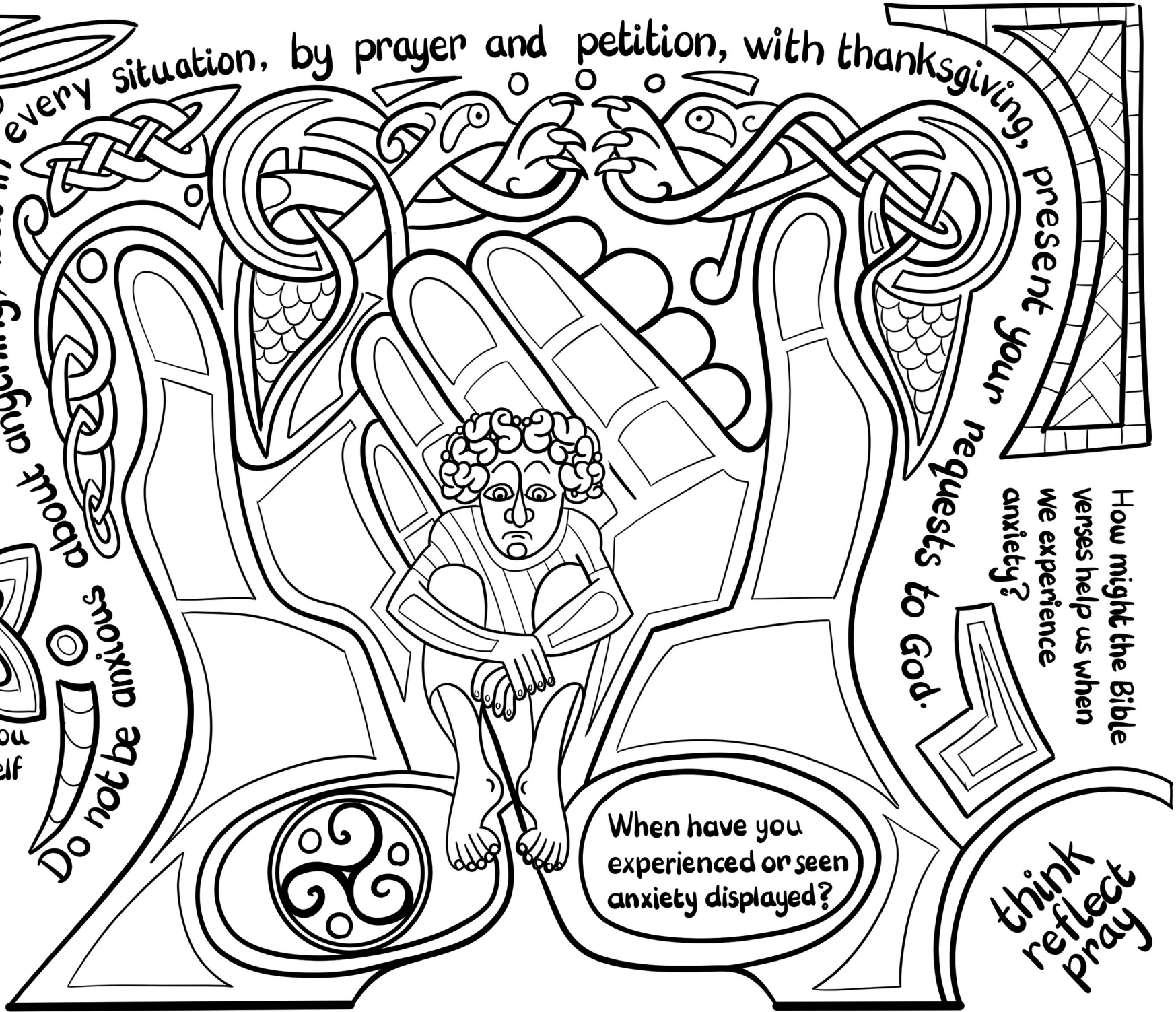
Read
Philippians 4: 4-7



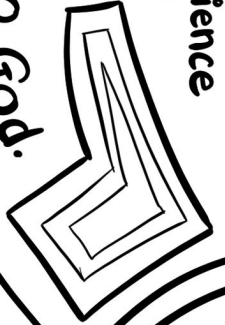
How can you help yourself or others when they experience anxiety?

about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Do not be anxious



When have you experienced or seen anxiety displayed?



think
reflect
pray

How might the Bible verses help us when we experience anxiety?

present your requests to God.