

**FIGHT ANXIETY
WITH TRUTH.**

Don't Worry

Worrying is Senseless

because God is your Father.

Matt. 6:25-26, 31-32 Rom. 8:32

Worrying is Useless

because it doesn't change anything.

Matt. 6:27, 34

Worrying is Faithless

because it questions God's care for you.

Matt. 6:28-30, 8:26

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Be Holy

Pray specifically
about your concerns.

Phil. 4:6-7, 1 Pet. 5:7

Give thanks
for God's past and present faithfulness.

Phil. 4:6b

Meditate
on biblical truth.

Phil. 4:8

Pursue your calling
in God's kingdom.

Phil. 4:9, Mt. 6:33-34