

**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

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