

Anxiety Antidotes - Pt 1

by Pastor Cary Nack

Grab a bible, a pen and print a copy of this handout.

SCRIPTURE

Php. 4:4-7

EXPOSITION

Anxiety Antidote #1 - _____ . (Php. 4:4-7)

DQ: What are some things you are prone to worry about?

A. If you _____ to Him in prayer... (vs. 6; 1 Pt. 5:7)

Cast all your anxieties on him, because he cares for you.
(1 Pt. 5:7, ESV)

B. ...He'll _____ in return. (vs. 7)

DQ: What examples from everyday life can you think of that paint a picture of what peace looks like?

Applications...

(1)

(2)

“All our fret and worry is caused by calculating without God.”
Oswald Chambers

AS YOU CLOSE YOUR TIME OF FAMILY WORSHIP, PRAY FOR THESE THINGS...

- Wisdom for President Trump and his task force as they try to decide what's best for our nation's economy and health
- For this pandemic to humble nations so they would acknowledge Jesus Christ as Lord
- For your own anxieties that you have regarding the coronavirus