A silhouette of a person stands on the edge of a rocky cliff, arms raised in a gesture of triumph or freedom. Below them, a vast, hazy landscape stretches to a distant horizon under a clear sky.

There is more  
to life than.....

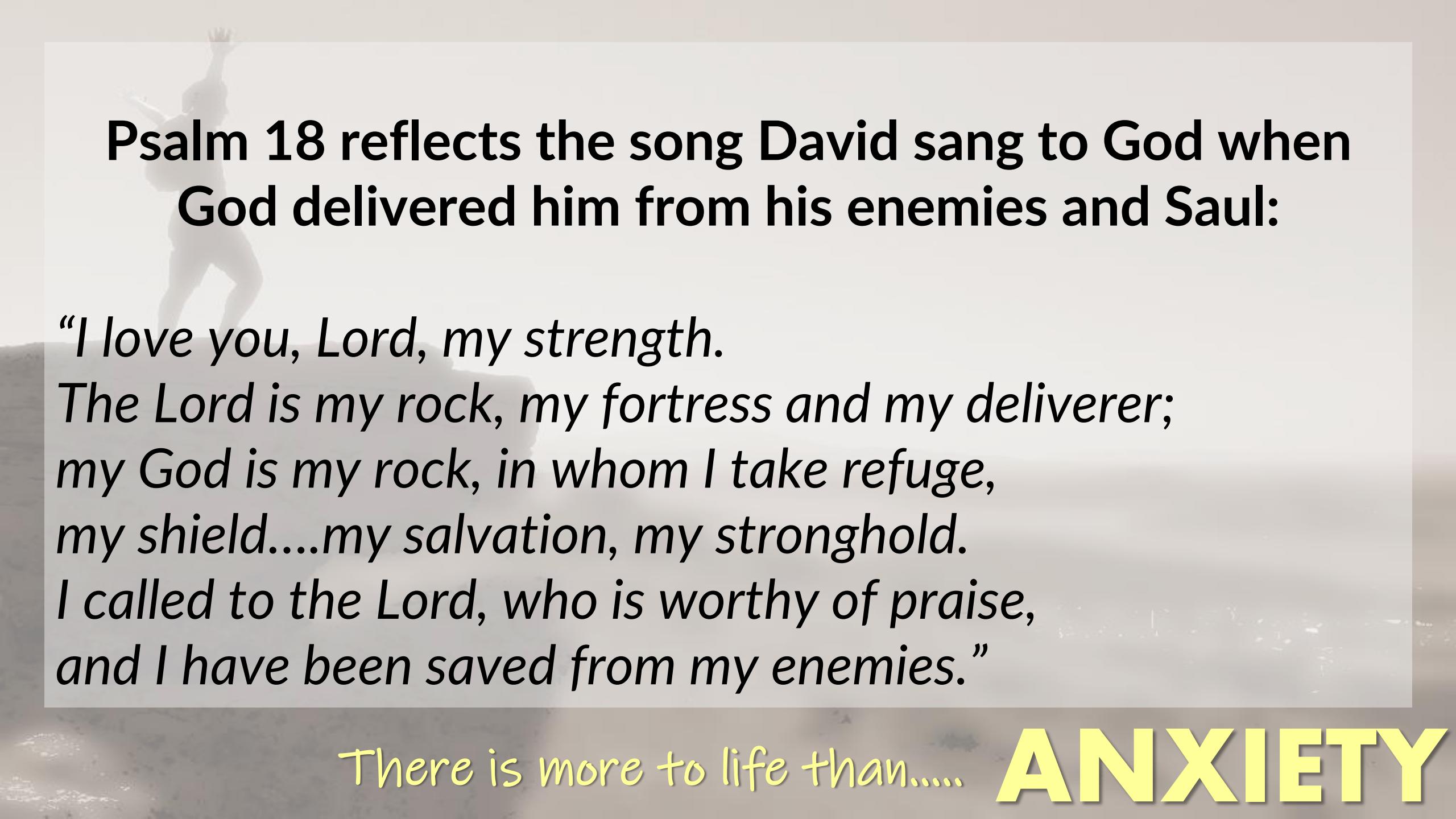
**ANXIETY**

# "Always be full of joy in the Lord"

Starts with a deep remembering:

- Remembering that God is here with us, always
- Remembering that God is in control, always
- Remembering the God has a plan for our lives, always
- Remembering that in times of pressure, pain and anxiety in life he is sovereign, always

There is more to life than..... **ANXIETY**



**Psalm 18 reflects the song David sang to God when  
God delivered him from his enemies and Saul:**

*“I love you, Lord, my strength.  
The Lord is my rock, my fortress and my deliverer;  
my God is my rock, in whom I take refuge,  
my shield....my salvation, my stronghold.  
I called to the Lord, who is worthy of praise,  
and I have been saved from my enemies.”*

**There is more to life than..... ANXIETY**

# Some wisdom from ancient writings Habakkuk 3:17-19

*"Though the fig tree does not bud  
and there are no grapes on the vines,  
though the olive crop fails  
and the fields produce no food,  
though there are no sheep in the pen  
and no cattle in the stalls,  
yet I will rejoice in the Lord,  
I will be joyful in God my Saviour.  
The Sovereign Lord is my strength;  
he makes my feet like the feet of a deer,  
he enables me to tread on the heights."*

**There is more to life than.... ANXIETY**

# Psalm 9:7-12

*"But the Lord reigns forever,  
executing judgment from his throne.  
He will judge the world with justice  
and rule the nations with fairness.  
The Lord is a shelter for the oppressed,  
a refuge in times of trouble.  
Those who know your name trust in you,  
for you, O Lord, do not abandon those who search for you.  
Sing praises to the Lord who reigns in Jerusalem.  
Tell the world about his unforgettable deeds.  
For he who avenges murder cares for the helpless.  
He does not ignore the cries of those who suffer."*

*There is more to life than....*

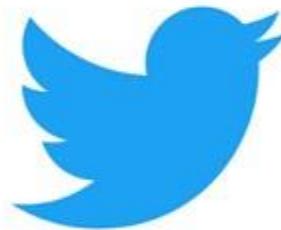
**ANXIETY**



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