



There is more
to life than.....

ANXIETY



C.A.L.M. Philippians 4:4-8

C- Celebrate Gods goodness (Philippians 4:4) This is the time to praise God to rejoice in him, thank Him for His goodness

A- Ask God for help (Philippians 4:6) Asking God to help us understand what he's teaching us, but also to transform our heart in truth in our daily life

L- Leave your concerns with God (Philippians 4:7) The challenge here is to leave our worries in the hands of God and when they threaten to return learning how to fight in our thought life

M – Meditate on good things (Philippians 4:8) The important bit here is replacing anxious thoughts the truth of Gods word

There is more to life than.....

ANXIETY

A person with a backpack is jumping over a large, dark rock. The background is a bright, hazy sky. The person is in mid-air, with their arms and legs extended.

New Living Translation Philippians 4:5 says

“let everyone see that you are considerate in all you do”

Its the translation of a word with a number of meanings:
*“not being unduly rigorous, reasonableness, patience,
gentleness, considerate”*

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

A person is silhouetted against a bright, hazy sunset or sunrise sky. The person is standing on a dark, rocky cliff edge, with their arms raised in a gesture of praise or surrender. The sky is filled with soft, glowing light, and the overall mood is one of hope and transcendence.

James 3:17

“But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere”

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

Ephesians 4:29-32

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

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

Colossians 2:6-7

“And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.”

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

Ephesians 2:13

“But now you have been united with Christ Jesus. Once you were far away from God, but now you have been brought near to him through the blood of Christ.”

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

Psalm 46:1

“God is our refuge and strength, an ever-present help in trouble.”

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

Isaiah 57:15 (Message Version)

*“A Message from the high and towering God,
who lives in Eternity,
whose name is Holy:*

*“I live in the high and holy places,
but also with the low-spirited, the spirit-crushed,
And what I do is put a new spirit in them, get them
up and on their feet again.”*

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

Matthew 12:18-21

*“Look at my Servant, whom I have chosen.
He is my Beloved, who pleases me.
I will put my Spirit upon him, and he will proclaim justice to
the nations.*

He will not fight or shout or raise his voice in public.

*He will not crush the weakest reed or put out a flickering
candle.*

Finally he will cause justice to be victorious.

And his name will be the hope of all the world.”

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



NEXT STEPS.....

- *Become a follower of Jesus*
- *Join the Mission*
- *Invite a Friend*
- *Choose Community*
- *Give Generously*

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



*To bring the good news
of New Life in Jesus*



*To represent Jesus by being
an Ark and Refuge*



*To make Disciples who
wholeheartedly serve Jesus*

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



Search for: New Life Church Crawley



newlifechurch.crawley



@NLCRCRAWLEY



social@newlifecrawley.church