

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

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A faint silhouette of a person with their arms raised in a gesture of praise or joy, positioned in the upper left background of the slide.

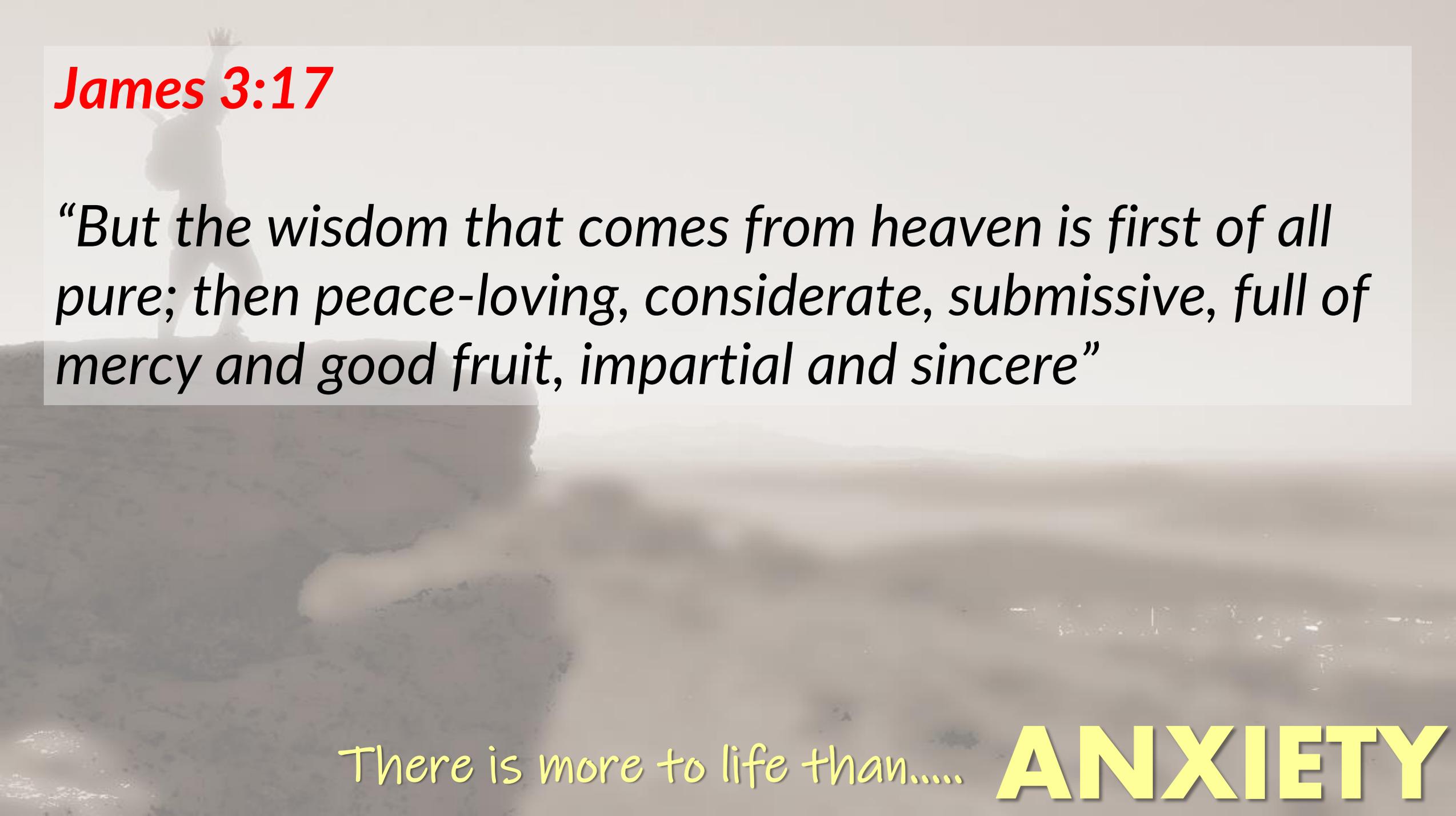
New Living Translation Philippians 4:5 says

*“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”*

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A person is silhouetted against a bright, hazy sunset sky, standing on a rocky cliff edge with their arms raised in a gesture of praise or triumph. The background shows a vast, misty landscape with rolling hills and a body of water in the distance.

## *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”*

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## 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.”*

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## 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.”*

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## 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.”*

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# Psalm 46:1

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

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## 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.”*

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## 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.”*

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# NEXT STEPS.....

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

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*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*

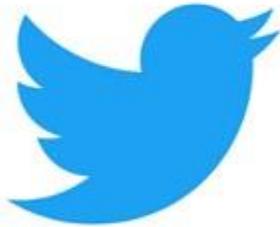
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