

There is more
to life than.....

ANXIETY

Philippians 4:6

“Do not be anxious about anything, but in every situation, by *prayer* and *petition*, with thanksgiving, present your *requests* to God”

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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

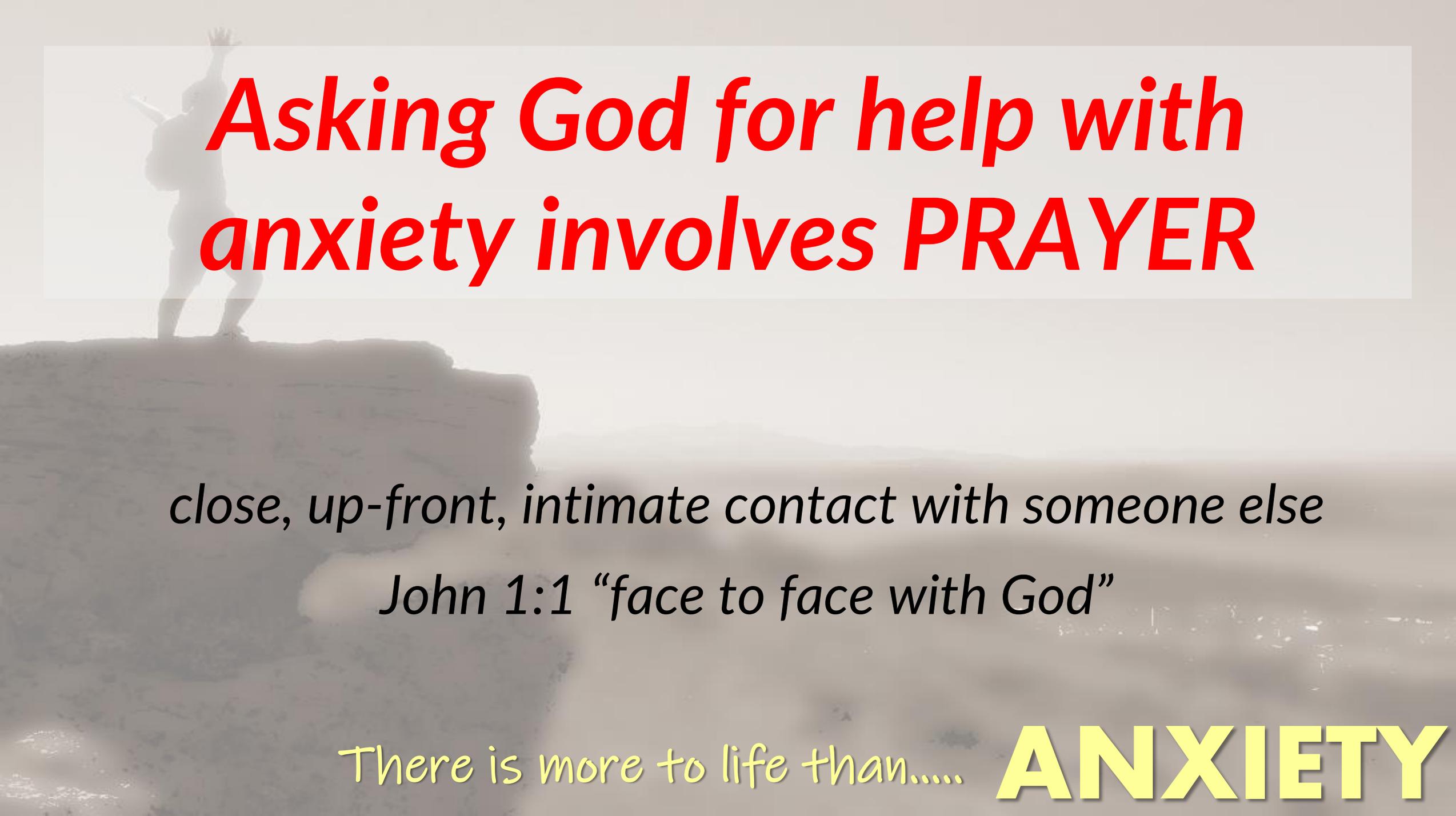
A- Ask God for help (Philippians 4:6) Asking God to help us understand what he's teaching us, but also to transform our heart in truth in our daily life

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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*Asking God for help with
anxiety involves **PRAYER***

close, up-front, intimate contact with someone else

John 1:1 “face to face with God”

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*Asking God for help with
anxiety involves **PETITION***

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Dr Edmund Bourne - noted psychologist and researcher on anxiety for 30 years and became an award winning specialist in this area.

"Anxiety arises from a state of disconnection"

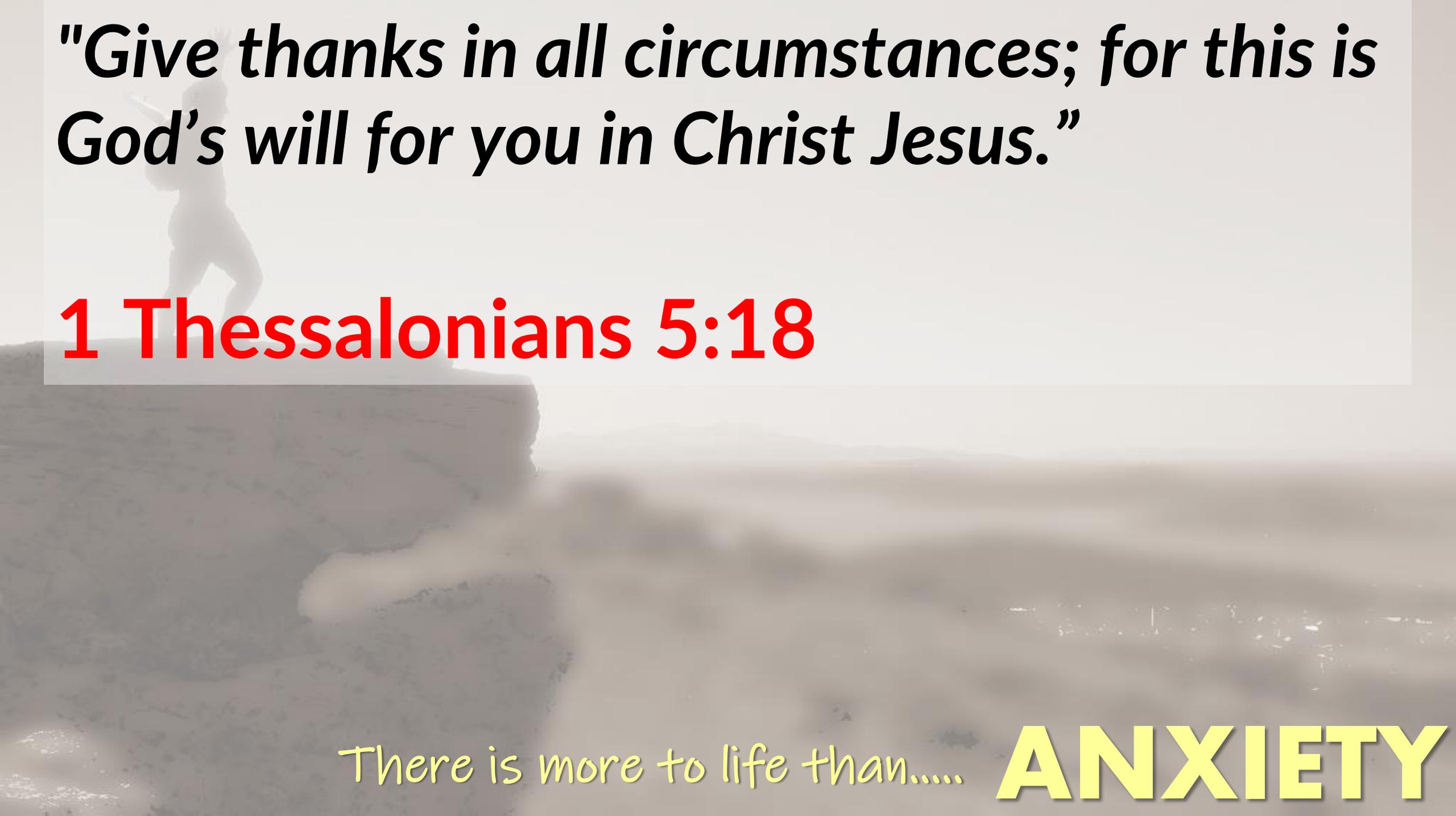


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James 5:16

"...The prayer of a righteous person is powerful and effective."

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"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

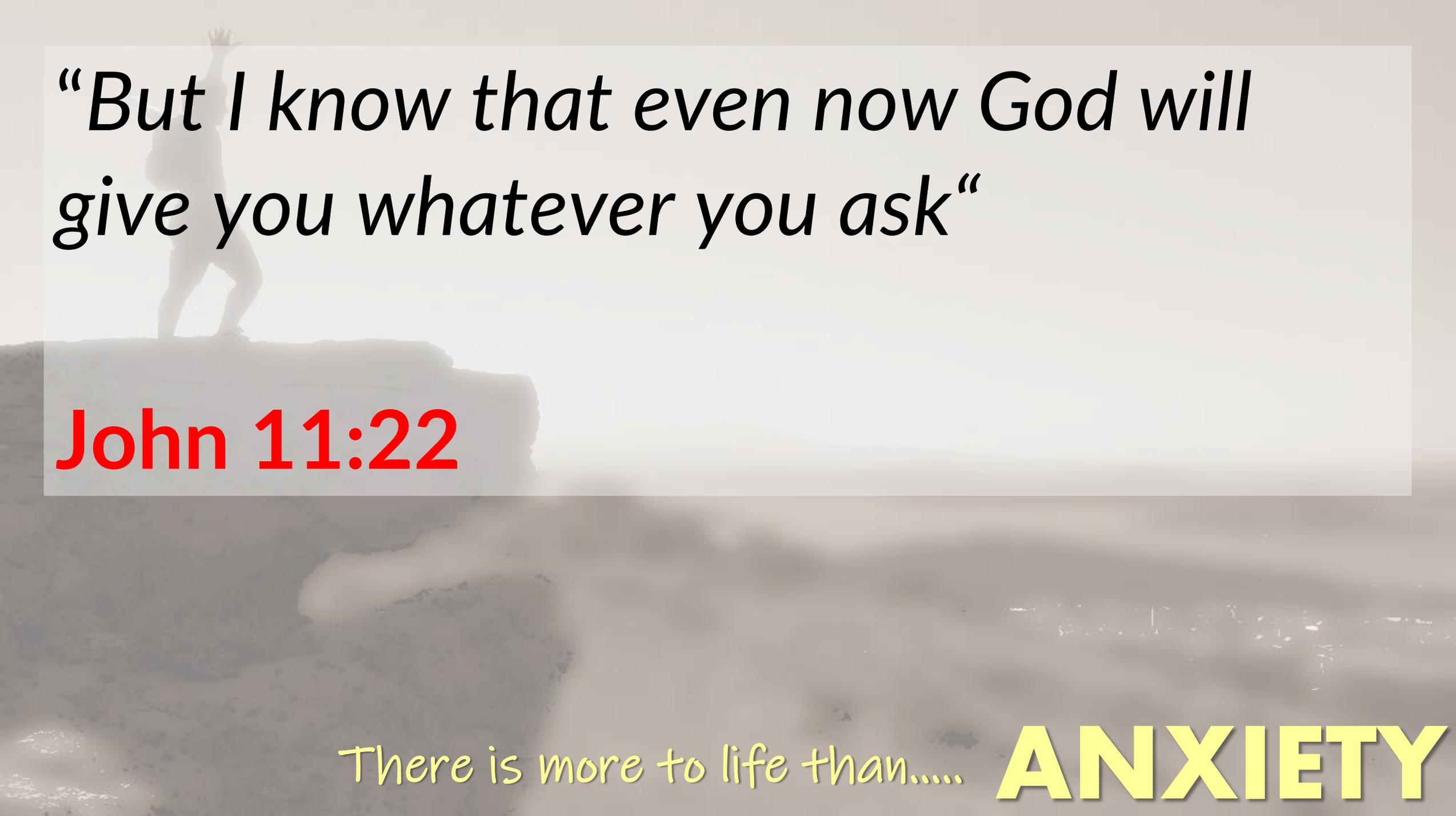
1 Thessalonians 5:18

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



*Asking God for help with
anxiety involves REQUESTS*

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*“But I know that even now God will
give you whatever you ask”*

John 11:22

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“Heavenly Father, I bring my problems and circumstances to You. The situation is beyond my control and influence, and I’m tempted to feel helpless, but You have the power to change my heart and circumstances of my life. I know that You love me perfectly and whatever You have planned for me is for my good. Show me how to respond, and I will choose to obey You. I ask for you to show me Your love, Your wisdom, and Your power. I pray this in the name of Jesus”

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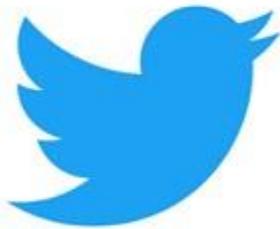
ANXIETY



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