

There is more
to life than.....

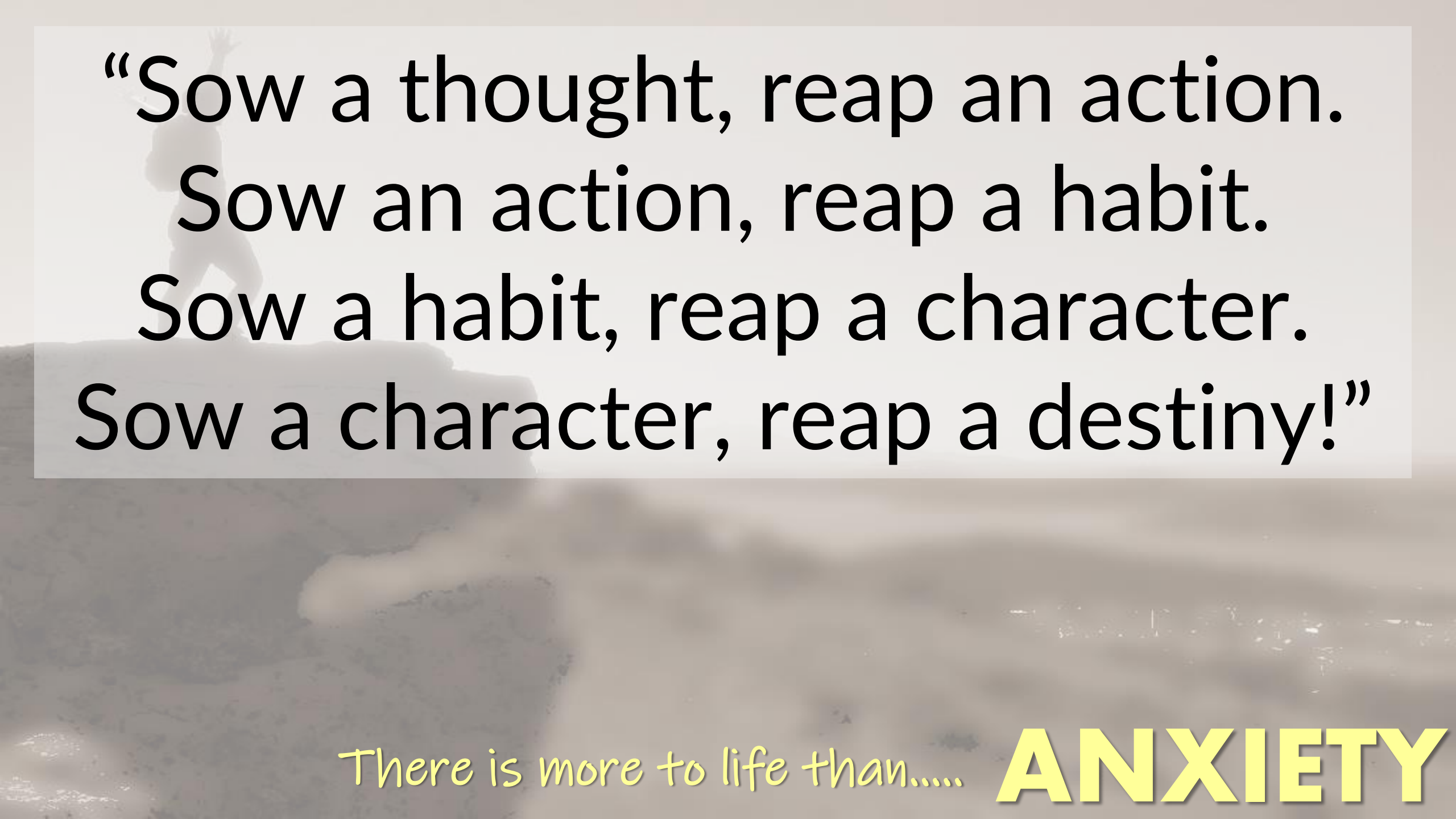
ANXIETY

Philippians 4:8

“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”

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ANXIETY



“Sow a thought, reap an action.
Sow an action, reap a habit.
Sow a habit, reap a character.
Sow a character, reap a destiny!”

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2 Corinthians 10:5

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

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- Beliefs are the things we hold as true, regardless of whether we have any proof of their objective truth.
- Beliefs are developed and inherited. As we grow up, we learn and take on the views of those around us, especially those whom we look up to. Parents, teachers, mentors, colleagues—they all pass their beliefs on to us.
- Beliefs are developed from personal experiences and the feelings that we associate with them in those moments.
- Beliefs are developed through our habits - repeated actions/habits.

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A silhouette of a person with a backpack walking on a rocky path overlooking a valley. The person is on the left side of the frame, walking towards the right. The background shows a hazy, mountainous landscape with a valley in the distance. The overall tone is soft and contemplative.

Psalm 119:165 International Children's Bible

“Those who love your teachings will find true peace. Nothing will defeat them.”

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“Summing it all up, friends, I’d say you’ll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.”

(Philippians 4:8 The Message)

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Ask yourself a few questions:

- What am I believing right now?
- Is it true? (examine your thinking, is it true, am I really being honest with myself?)
- How would I be healthier if I stopped believing that?
- Who would I be if I let go of that belief?
- What steps will I take to commit to change my thinking?
- With my new mindset, how will I take action?

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community@newlifecrawley.church

Tel: 07943 838756