

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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# Philippians 4:9

*“Keep putting into practice all you learned and received from me— everything you heard from me and saw me doing. Then the God of peace will be with you.”*

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# Acts 2:38-39

*Peter replied, “Each of you must repent of your sins and turn to God, and be baptized in the name of Jesus Christ for the forgiveness of your sins. Then you will receive the gift of the Holy Spirit. This promise is to you, to your children, and to those far away—all who have been called by the Lord our God.”*

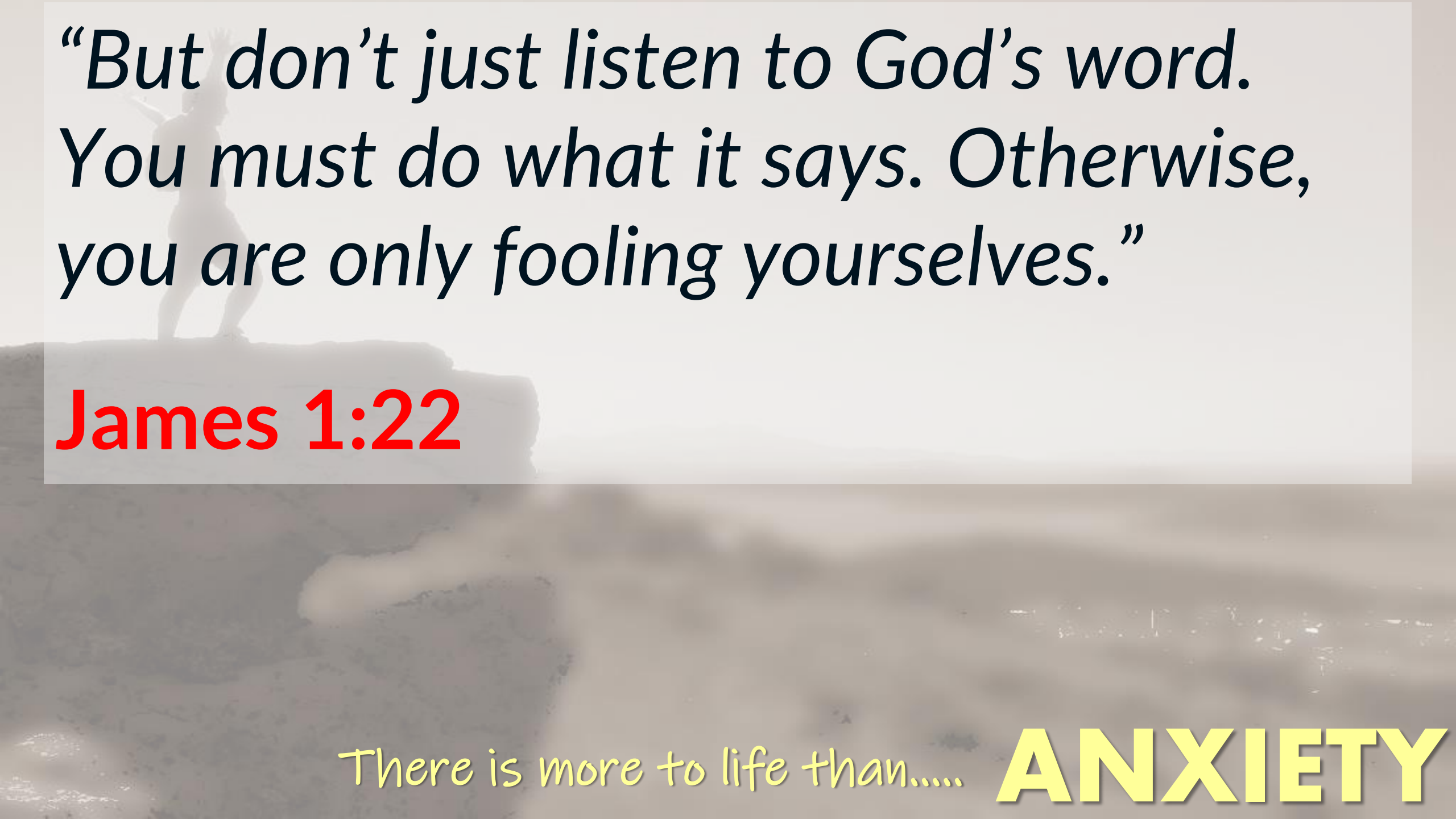
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## Acts 10:34-35

*‘Then Peter began to speak: “I now realize how true it is that God does not show favouritism but accepts from every nation the one who fears him and does what is right.”’*

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A person is silhouetted against a bright, hazy sky, standing on a rocky outcrop. The person's arms are raised in a gesture of praise or prayer. The background shows a vast, calm ocean stretching to the horizon under a soft, overcast sky. The overall mood is serene and contemplative.

*“But don’t just listen to God’s word.  
You must do what it says. Otherwise,  
you are only fooling yourselves.”*

**James 1:22**

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# 1 Thessalonians 2:13

*“Therefore, we never stop thanking God that when you received his message from us, you didn’t think of our words as mere human ideas. You accepted what we said as the very word of God—which, of course, it is. And this word continues to work in you who believe.”*

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