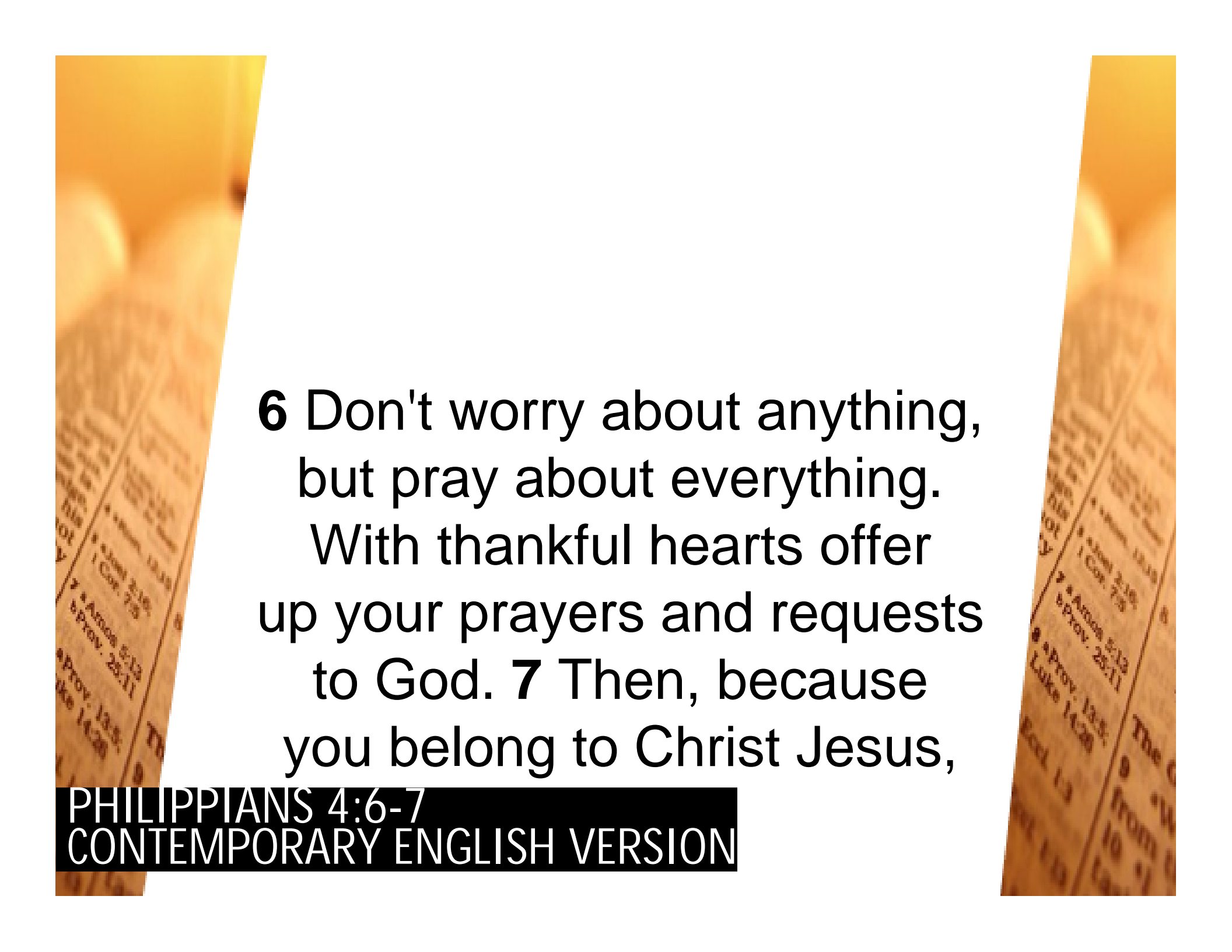


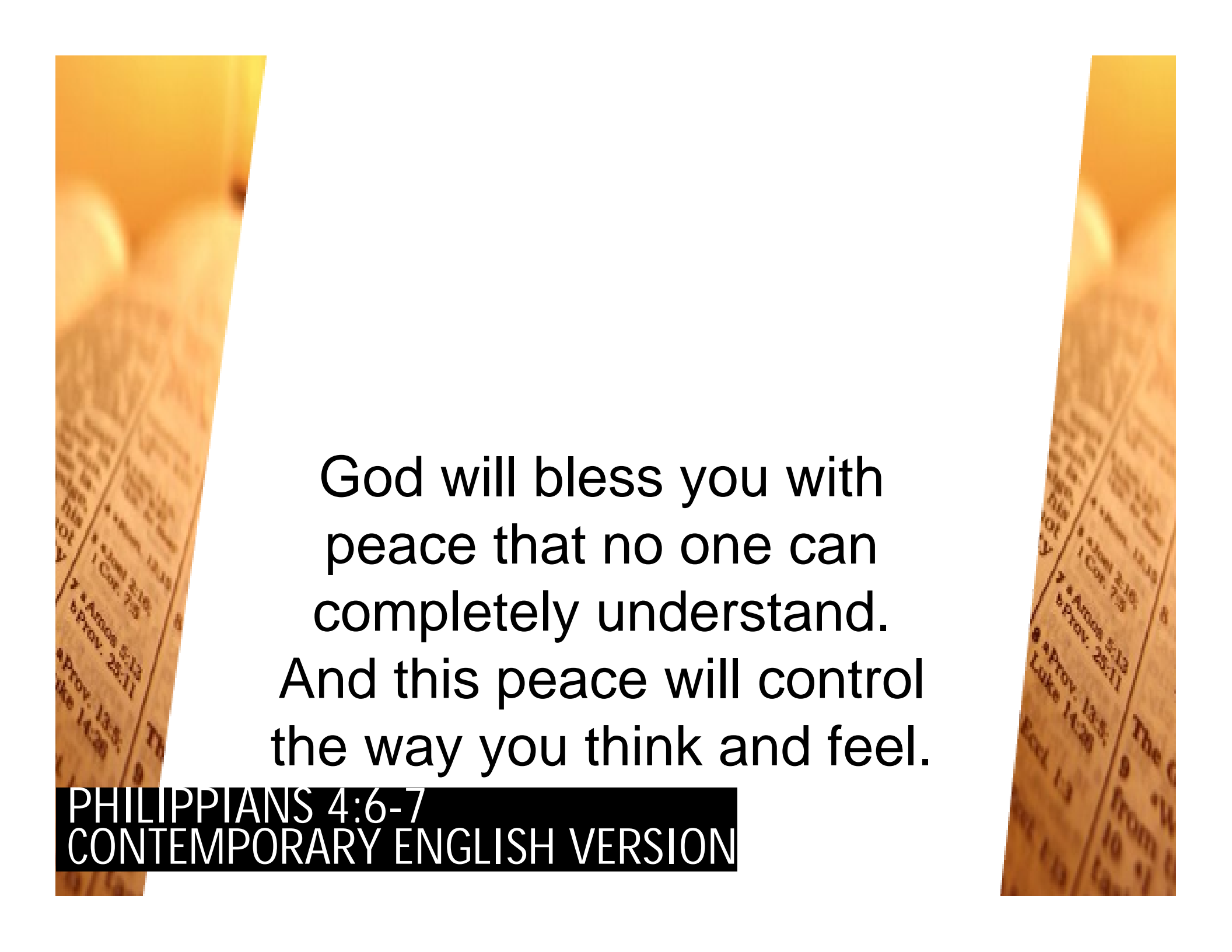
Series: Words to Live By

GOD WANTS TO GIVE HIS PEACE



**6** Don't worry about anything,  
but pray about everything.  
With thankful hearts offer  
up your prayers and requests  
to God. **7** Then, because  
you belong to Christ Jesus,

**PHILIPPIANS 4:6-7**  
**CONTEMPORARY ENGLISH VERSION**



God will bless you with  
peace that no one can  
completely understand.  
And this peace will control  
the way you think and feel.

**PHILIPPIANS 4:6-7**  
**CONTEMPORARY ENGLISH VERSION**

# What Causes Anxiety

**01:** The \_\_\_\_\_.

**02:** The \_\_\_\_\_.

**03:** The \_\_\_\_\_.

**04:** The \_\_\_\_\_.

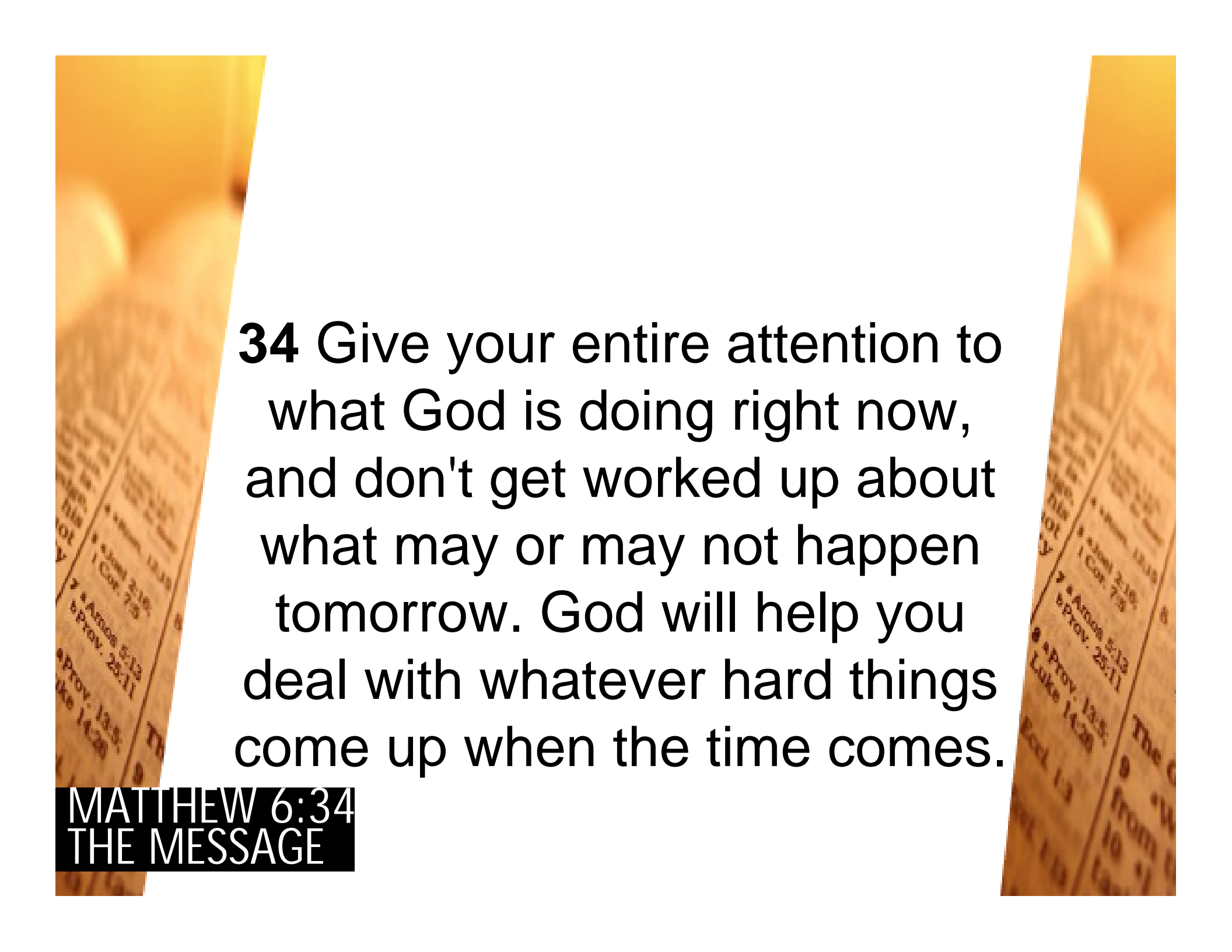
# What Causes Anxiety

**01:** The unknown.

**02:** The \_\_\_\_\_.

**03:** The \_\_\_\_\_.

**04:** The \_\_\_\_\_.



**34** Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

**MATTHEW 6:34**  
**THE MESSAGE**


# What Causes Anxiety

**01:** The unknown.

**02:** The unlikely.

**03:** The \_\_\_\_\_.

**04:** The \_\_\_\_\_.



**18** The more you know,  
the more you hurt;  
the more you understand,  
the more you suffer.

**ECCLESIASTES 1:18**  
**CONTEMPORARY ENGLISH VERSION**

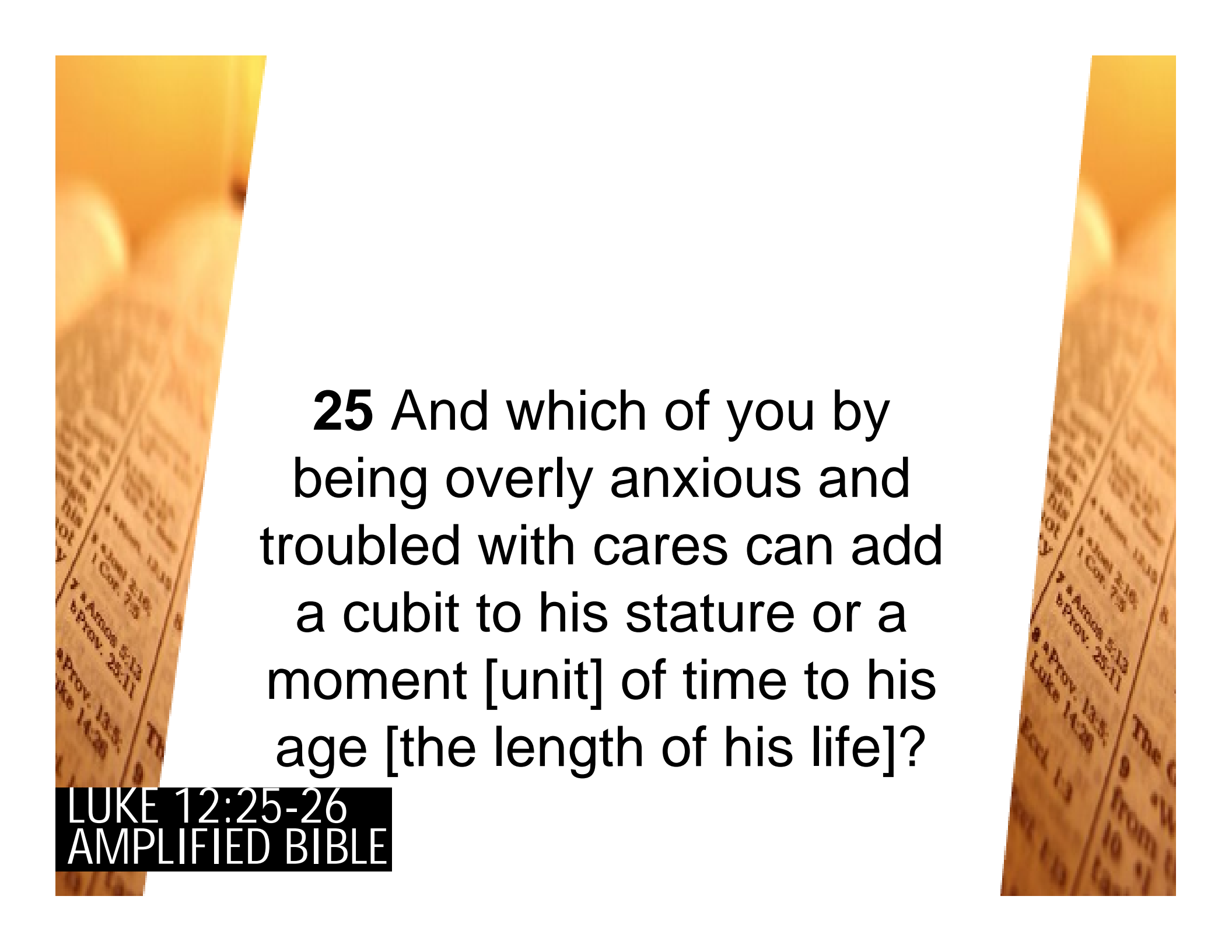
# What Causes Anxiety

01: The unknown.

02: The unlikely.


03: The untouchable.

04: The \_\_\_\_\_.



**25** And which of you by being overly anxious and troubled with cares can add a cubit to his stature or a moment [unit] of time to his age [the length of his life]?

**LUKE 12:25-26**  
**AMPLIFIED BIBLE**



**26** If then you are not able to do such a little thing as that, why are you anxious and troubled with cares about the rest?

**LUKE 12:25-26**  
**AMPLIFIED BIBLE**

# Equation of Stress – And it has 2 Primary Variables...

**(01)** Heightened sense  
of \_\_\_\_\_.

**(02)** Diminished sense  
of \_\_\_\_\_.

# Equation of Stress – And it has 2 Primary Variables...

(01) Heightened sense of **vulnerability**.

(02) Diminished sense of \_\_\_\_\_.

# Equation of Stress – And it has 2 Primary Variables...

(01) Heightened sense of **vulnerability**.

(02) Diminished sense of **power**.

# What Causes Anxiety

01: The unknown.

02: The unlikely.

03: The untouchable.

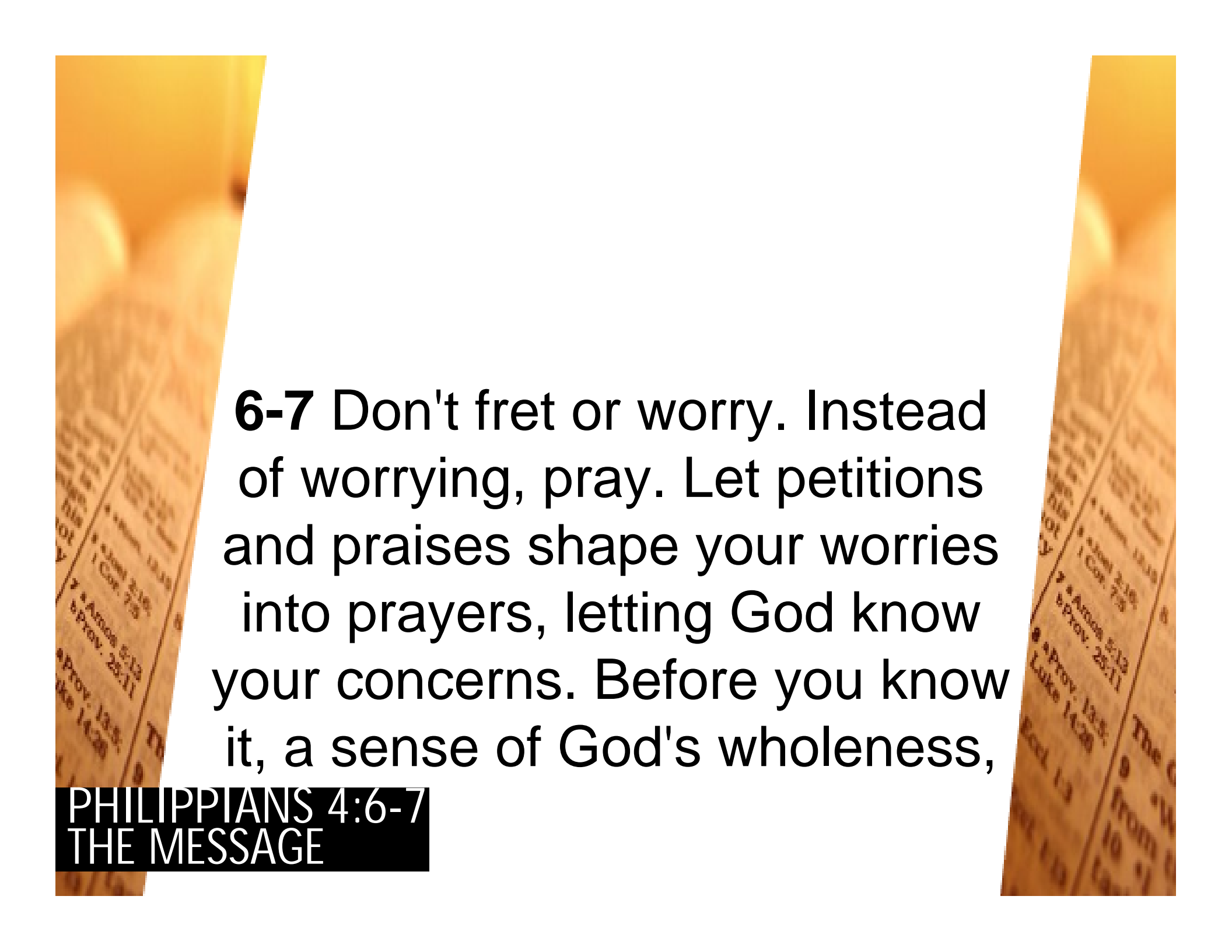
04: The unrelated.

# A Scriptural Solution

01: Prayer


02: \_\_\_\_\_

03: \_\_\_\_\_



**6-7** Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness,

**PHILIPPIANS 4:6-7**  
**THE MESSAGE**



everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

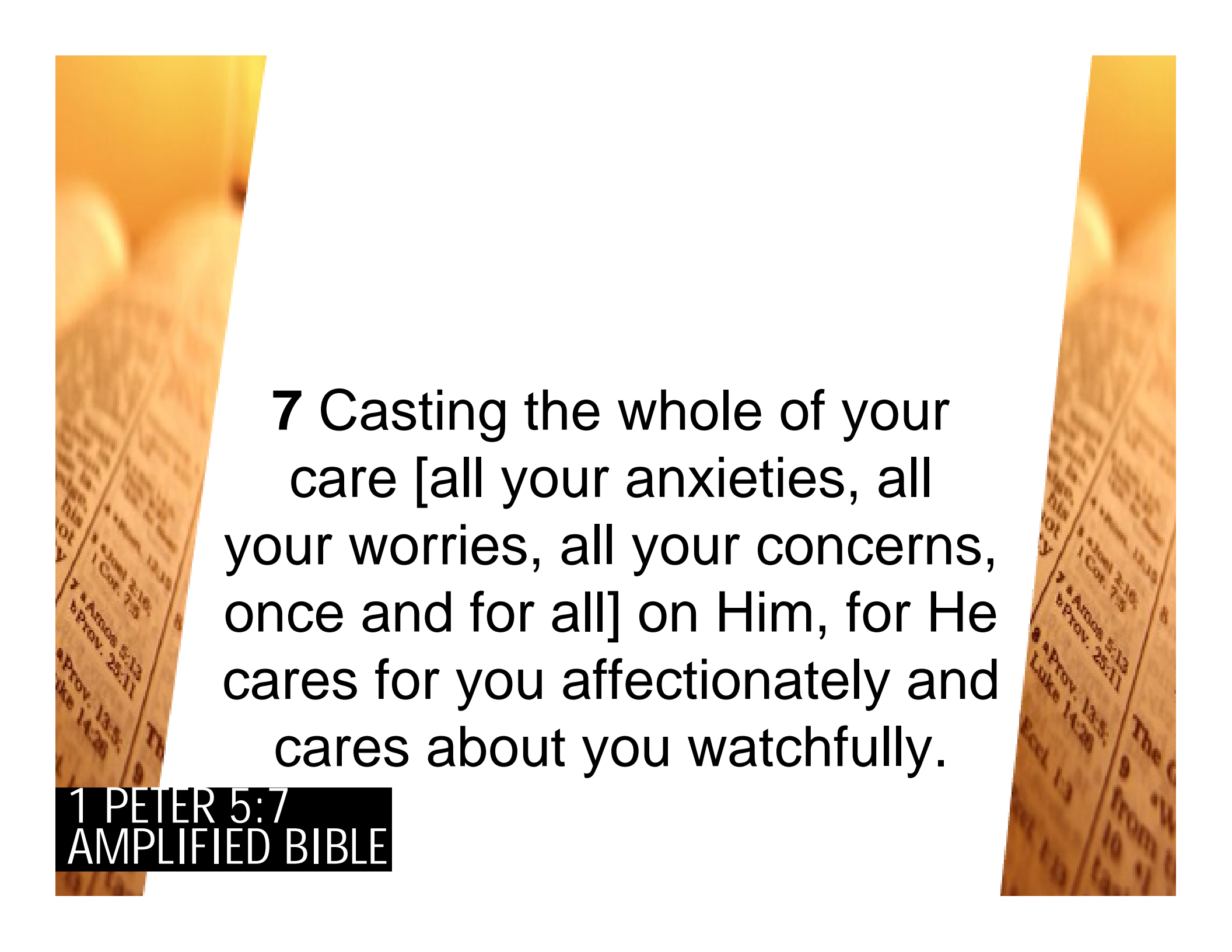
**PHILIPPIANS 4:6-7**  
**THE MESSAGE**

# A Scriptural Solution

01: Prayer

02: Petition

03: \_\_\_\_\_



**7** Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.

**1 PETER 5:7**  
**AMPLIFIED BIBLE**

# A Scriptural Solution

01: Prayer

02: Petition

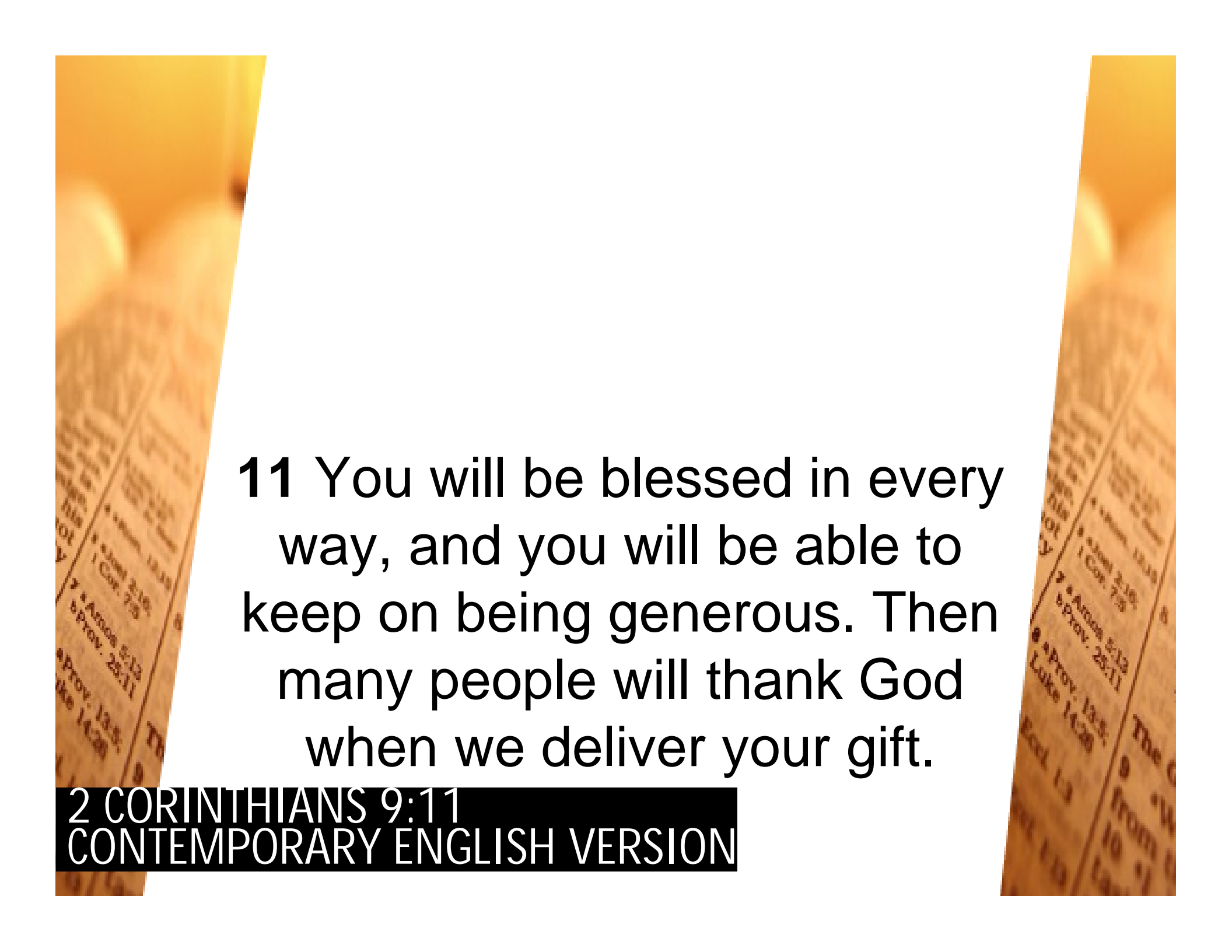
03: Thanksgiving

# A Scriptural Solution

01: Prayer

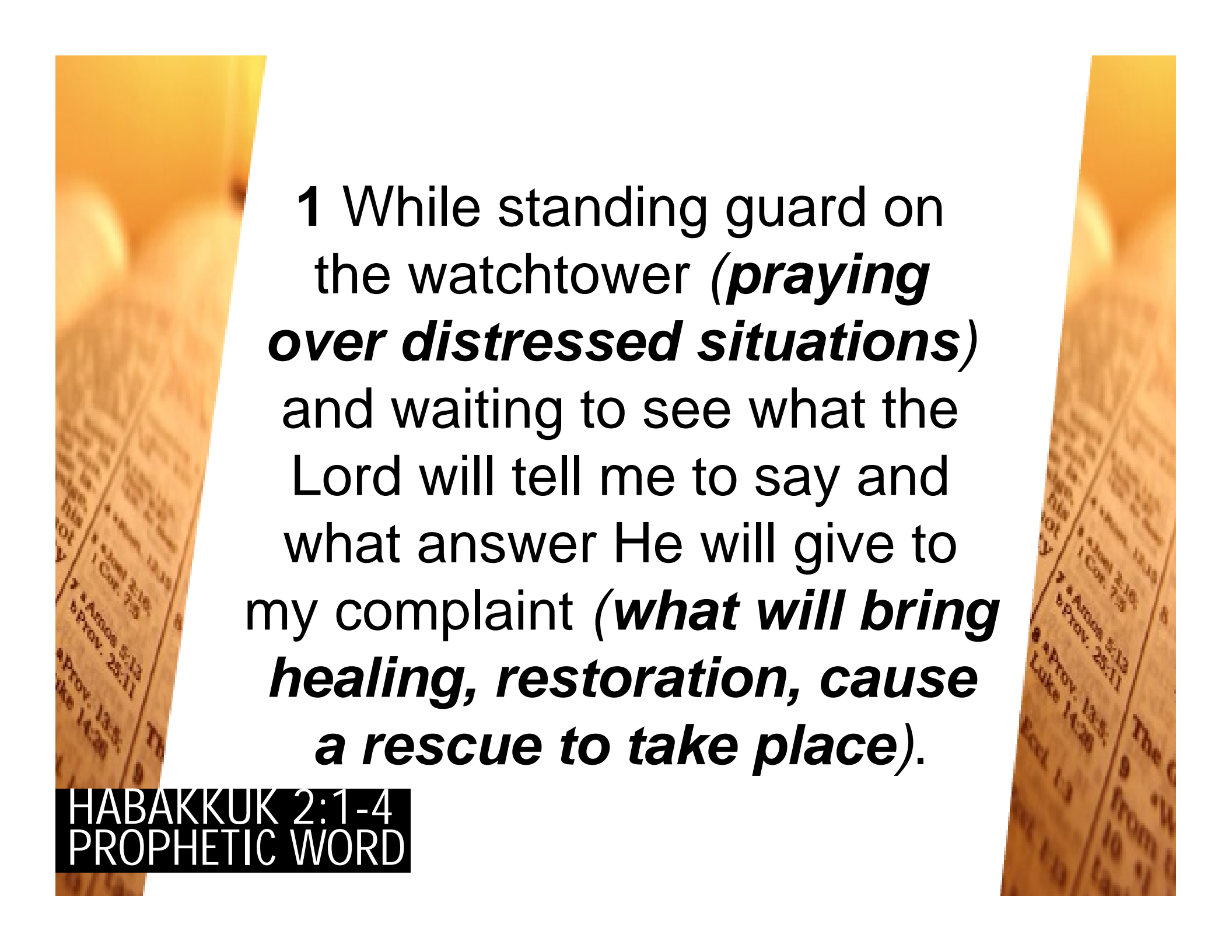
02: Petition

03: Thanksgiving



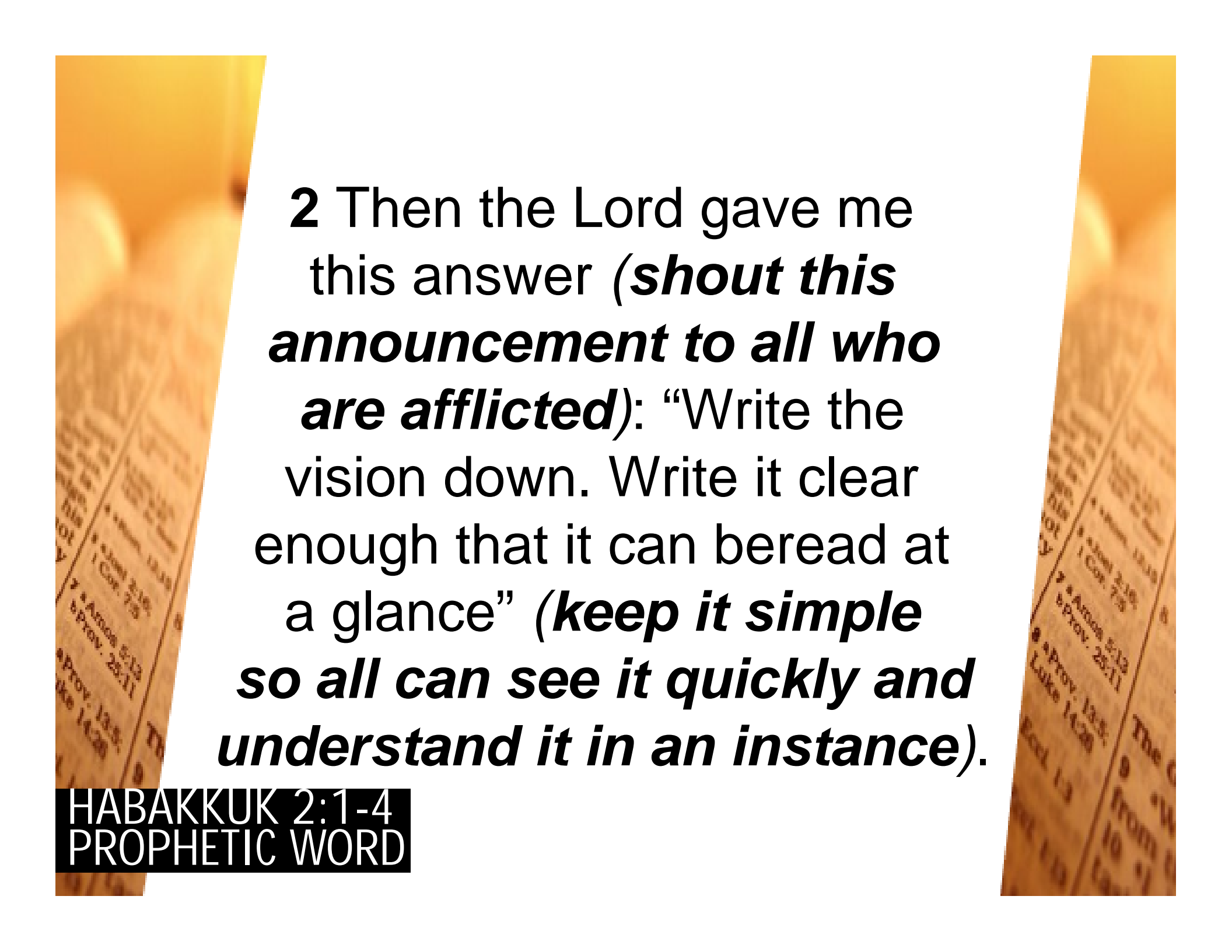
**11** You will be blessed in every way, and you will be able to keep on being generous. Then many people will thank God when we deliver your gift.

**2 CORINTHIANS 9:11**  
**CONTEMPORARY ENGLISH VERSION**



1 While standing guard on the watchtower (***praying over distressed situations***) and waiting to see what the Lord will tell me to say and what answer He will give to my complaint (***what will bring healing, restoration, cause a rescue to take place***).

HABAKKUK 2:1-4  
PROPHETIC WORD



2 Then the Lord gave me this answer (***shout this announcement to all who are afflicted***): “Write the vision down. Write it clear enough that it can be read at a glance” (***keep it simple so all can see it quickly and understand it in an instance***).


HABAKKUK 2:1-4  
PROPHETIC WORD

**3** The vision (*revelation from God*) will happen at the appointed time (*when the congregation are assembled in unity*). But the time is coming quickly, and what I show you will come true. It may seem slow in coming, but wait for it (*do not question God's timing*);

HABAKKUK 2:1-4  
PROPHETIC WORD

it will certainly take place,  
and it will not be delayed  
**(will not be stopped)**. 4 This  
is the message: “Those who  
are evil (**proud**) will not survive,  
but those who are righteous  
**(staying on the straight and  
narrow will be prosperous)**

HABAKKUK 2:1-4  
PROPHETIC WORD



and will live (***be restored, recover what has been stolen, repair that which has been broken***) to those who are faithful to God.

HABAKKUK 2:1-4  
PROPHETIC WORD