

PEACE:  
Overcoming Anxiety

**Guarding My Heart; Building My Faith**

To \_\_\_\_\_ anxiety/worry is to be \_\_\_\_\_ ... to  
 \_\_\_\_\_ anxiety/worry is to a \_\_\_\_\_ with  
 \_\_\_\_\_.

**The Anxiety of \_\_\_\_\_**

Matthew 26:36-44; Mark 14:32-41; Luke 22:39-45

There are many things just out of our \_\_\_\_\_  
 When we face the \_\_\_\_\_, we feel anxiety. Jesus did. We all do.  
 Our \_\_\_\_\_ to anxiety makes all the \_\_\_\_\_.

**How did Jesus respond to anxiety?**

Jesus \_\_\_\_\_.  
 Jesus sought \_\_\_\_\_ from those around him.  
 Jesus received help from \_\_\_\_\_. Hebrews 1:14

**Build your \_\_\_\_\_ of \_\_\_\_\_.**

When the enemies of worry and anxiety attack, we can hold fast to these promises and encouragements from God's Word:

<p><b>Deuteronomy 33:27</b>  <b>Psalm 43:5</b>  <b>Psalm 55:22</b>  <b>Matthew 6:30 - 34</b>  <b>Philippians 4:6-7</b>  <b>Philippians 4:19</b>  <b>1 Peter 5:7</b>  <b>Psalm 50:15</b>  <b>Proverbs 3:5-6</b></p>	<p><b>Matthew 11:28-30</b>  <b>John 14:27</b>  <b>Colossians 3:15</b>  <b>Proverbs 12:25</b>  <b>Psalm 23:4</b>  <b>Romans 8:31-32</b>  <b>Romans 8:38-39</b>  <b>Psalm 56:3-4</b>  <b>Romans 8:37</b></p>
--	--

PEACE:  
Overcoming Anxiety

**Guarding My Heart; Building My Faith**

To \_\_\_\_\_ anxiety/worry is to be \_\_\_\_\_ ... to  
 \_\_\_\_\_ anxiety/worry is to a \_\_\_\_\_ with  
 \_\_\_\_\_.

**The Anxiety of \_\_\_\_\_**

Matthew 26:36-44; Mark 14:32-41; Luke 22:39-45

There are many things just out of our \_\_\_\_\_  
 When we face the \_\_\_\_\_, we feel anxiety. Jesus did. We all do.  
 Our \_\_\_\_\_ to anxiety makes all the \_\_\_\_\_.

**How did Jesus respond to anxiety?**

Jesus \_\_\_\_\_.  
 Jesus sought \_\_\_\_\_ from those around him.  
 Jesus received help from \_\_\_\_\_. Hebrews 1:14

**Build your \_\_\_\_\_ of \_\_\_\_\_.**

When the enemies of worry and anxiety attack, we can hold fast to these promises and encouragements from God's Word:

<p><b>Deuteronomy 33:27</b>  <b>Psalm 43:5</b>  <b>Psalm 55:22</b>  <b>Matthew 6:30 - 34</b>  <b>Philippians 4:6-7</b>  <b>Philippians 4:19</b>  <b>1 Peter 5:7</b>  <b>Psalm 50:15</b>  <b>Proverbs 3:5-6</b></p>	<p><b>Matthew 11:28-30</b>  <b>John 14:27</b>  <b>Colossians 3:15</b>  <b>Proverbs 12:25</b>  <b>Psalm 23:4</b>  <b>Romans 8:31-32</b>  <b>Romans 8:38-39</b>  <b>Psalm 56:3-4</b>  <b>Romans 8:37</b></p>
--	--