
“Anxiety” *“Do not be anxious...”* -Jesus (Mt 6:25,31,34)

Anxiety is **everywhere**.

Anxiety **leaks toxins**.

Anxiety is **a divided mind**.

Your brain is **plastic**, not **stone**.

Jesus’ Seven Helps Against Anxiety:

- 1) If God gave me **the greater** (life),
I can trust Him to give me **the lesser**
(food and clothes).
- 2) If God feeds **birds**, He’ll feed **me**;
because I am **worth infinitely more** to
Him.
- 3) Anxiety does not **add anything** to my life.
 - *“Anxiety doesn’t empty tomorrow of its sorrows; it empties today of its strength.”*
Corrie Ten Boom

4) If God gives such beauty to short-lived flowers, how much more will **He care** for me?

5) Anxiety characterizes **those who don't** know God.

6) Let first things **be first**.

7) Live **one day at a time**.