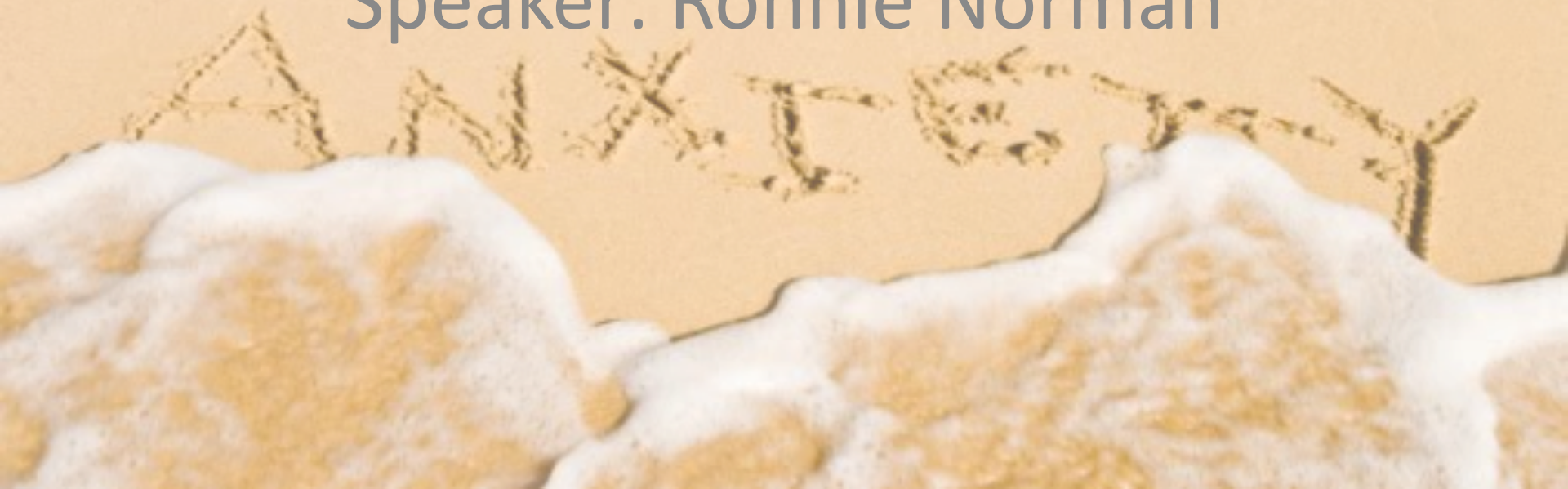


# What To Do With Worry & Anxiety?

Speaker: Ronnie Norman



# ***Psalm 121***

*<sup>1</sup> I lift up my eyes to the mountains—  
where does my help come from?*

*<sup>2</sup> My help comes from the LORD,  
the Maker of heaven and earth.*

# ***Psalm 121***

*<sup>3</sup> He will not let your foot slip—  
he who watches over you will not  
slumber;*

*<sup>4</sup> indeed, he who watches over Israel  
will neither slumber nor sleep.*

# ***Psalm 121***

*<sup>5</sup> The LORD watches over you—  
the LORD is your shade at your right  
hand;*

*<sup>6</sup> the sun will not harm you by day,  
nor the moon by night.*

# ***Psalm 121***

*<sup>7</sup> The LORD will keep you from all harm-*

*he will watch over your life;*

*<sup>8</sup> the LORD will watch over your coming and going*

*both now and forevermore.*

# ***Philippians 4:6-7***

*<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

# ***Philippians 4:6-7***

*<sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

# ***Matthew 6:27***

*Can any one of you by worrying add a single cubit to your height?*





1. Make your specific requests known to God.



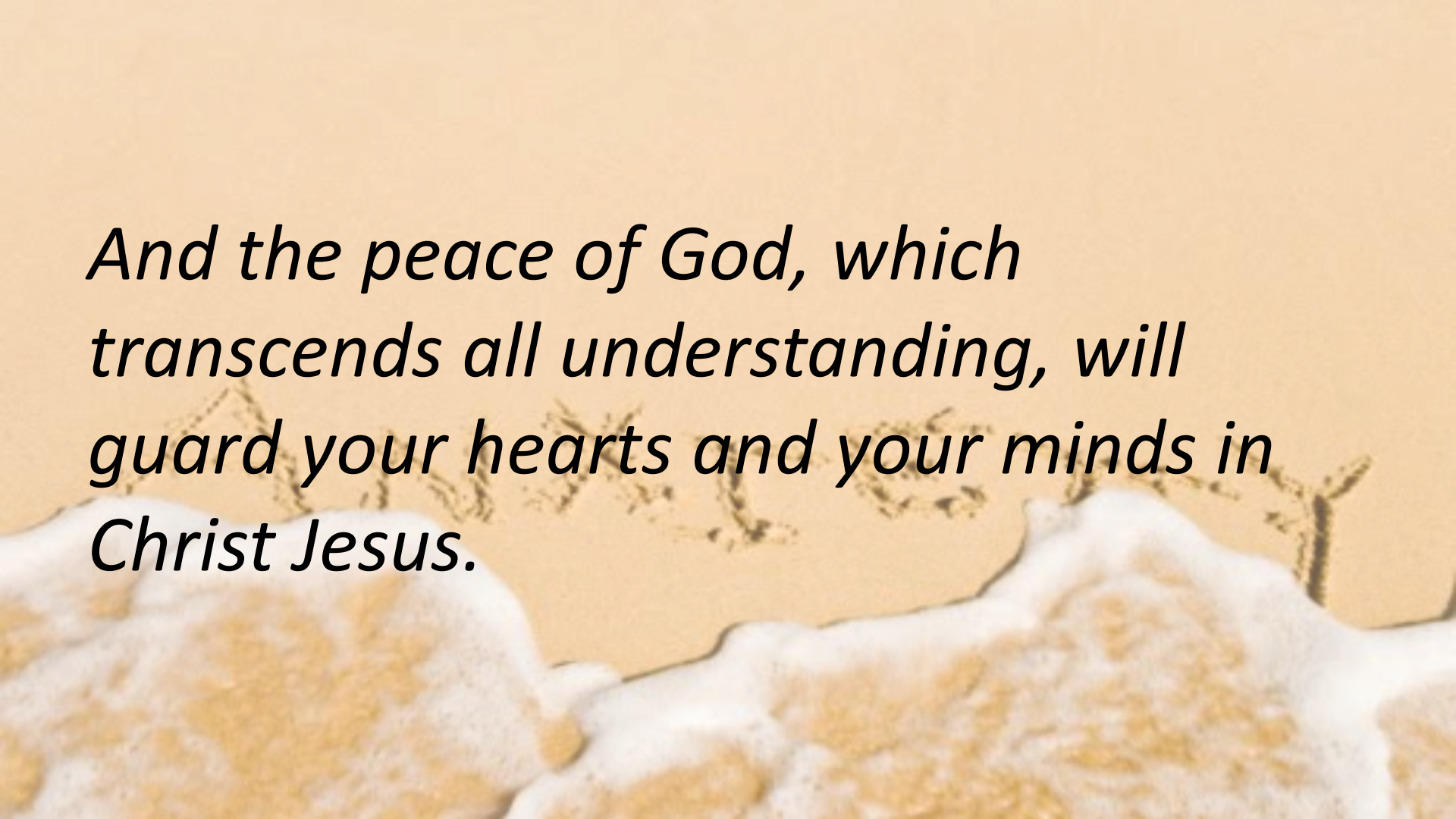
*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God*

1. Make your specific requests known to God.
2. Prime your faith pump through thanksgiving.



*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God*

1. Make your specific requests known to God.
2. Prime your faith pump through thanksgiving.
3. Pray until the peace rules and reigns in your heart.



*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Anxiety avoidance is not God's grand goal for your life.



Reality starts with this acceptance: I  
am not in control.





You can know that nothing of eternal value is at risk.



Do not let the grand concerns of your  
life be petty things.









*Forest fairy tale*  
Wallcoo.com **Birds**

