Victory over Anxiety

"Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you." Philippians 4:4-9 (ESV)

Rejoice!

We overcome anxiety when we rejoice and recognize the closeness of Christ. Begin to list small and big ways you see God this week. Thank Him! Rejoice!

Replace

We overcome anxiety when we present our requests to God. Write them down as they come to you throughout the day.

Fears, Worries, Anxieties	Truth Statements/Verses

Practice

We overcome anxiety when we change our thinking to what is true, honorable, just, pure, lovely, commendable and praiseworthy. Begin to list verses or truth statements next to each anxiety.

When we practice these things, the God of peace will be with us!