

What to do in Anxious Times

(Philippians 4:1-7)

Prayer with Thanksgiving

Do not be anxious about anything, but in everything, by prayer and petition, present your requests to God. (4:6)

When we pray this way, we will experience the following in anxious times:

1. God's P _____

2. God's P _____

For Further Thought:

1. What is causing you anxiety today?

2. How do you normally address your anxiety and worries?

3. Can you think of a time you experienced God's peace in an anxious or fearful time?