

Emotions:
Anxious for what?
March 10, 2024

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” – Philippians 4:6

Feeling anxious is _____ a sin.

When Jesus felt anxiety his response was to _____.

3 Ways to find relief from anxiety:

1. Talk to your _____.

Mark 14:32-35

During Easter holiness became _____.

_____ = God with us

Think about praying _____ vs praying _____

2. Talk to your _____.

Mark 14:35-36/1 Peter 5:7

The anxiety you experience is giving you a

_____ that it's time to _____.

If it's big enough to _____ about, it's big enough to _____ about

3. Talk to your _____.

Mark 14:36

When our feelings tell us that God doesn't love us, we need to be reminded that:

_____.

The same spirit that _____ Christ from the dead dwells _____ you.

Reflect on these questions this week:

- How do you unwind when you feel anxious?
- What is a way you can get involved in a faith community to pray with someone not just for someone?
- How might you be more open with your friends, in prayer with your Father, or correct your feelings when you feel anxious?