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	s is a sin.
When Jesus fe	It anxiety his response was to
3 Ways to find	relief from anxiety:
D _	o your lark 14:32-35 uring Easter holiness became = God with us hink about praying vs praying
M Ti — If	b your lark 14:35-36/1 Peter 5:7 he anxiety you experience is giving you a that it's time to it's big enough to about, it's big enough b about
M V\	o your lark 14:36 When our feelings tell us that God doesn't love us, we need to be reminded that:
The same spirit	t that Christ from the dead dwells

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?