



Sunday, September 25 2022 ~ Philippians 4:1-9

~ Anxiety, worry, and stress effect all of us sooner or later; anxiety is one of the leading causes of mental health issues in our world today.

~ In Philippians 4:1-9, God's Word gives us 7 steps for avoiding anxiety in our lives, by God's strength and with God's help . . .

~ STEP #1: Receive _____ (v.1)

~ STEP #2: Resolve _____ (v.2)

~ STEP #3: Rely _____ (v.3)

~ STEP #4: Rejoice _____ (v. 4)

~ STEP #5: Reject _____ (v.5)

~ STEP #6: Refuse _____ (v.6-7)

~ STEP #7: Renew _____ (v.8-9)
