

The Struggle is Real, part 3
September 28-29, 2019
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Help for the Anxious

Psalms 27, Psalm 55:4-8, Philippians 4:6-8

- Acknowledge the anxiety
...you can't heal what you conceal

- Make sure you breathe
...box breathing: inhale, hold, exhale, hold

- Confront your thoughts
...disrupt irrational thinking
...dwell on truth

- Lean into your hope in Christ
...hope is waiting on the goodness of God with certainty

DO NOT FEAR = I AM HERE