

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

Psalm 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