

Stress is inevitable. Anxiety is a choice.

THE COMMAND IN PHILIPPIANS 4:6-7

Do not be _____ about anything. Let your _____ be made known.

When we give in to anxiety, we say: _____.

When we pray, that focuses our _____ on God.

THE PROMISE IN PHILIPPIANS 4:6-7

The promise: God's _____ will guard our hearts and minds.

God will guard us. Our job is to _____ the _____.

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.” (Isaiah 26:3 ESV)

Prayer _____ the peace of God to guard our hearts and minds.

TO CONSIDER: Is prayer my default in stressful situations? How big is my view of God?