



GIVE ANXIETY AWAY

December 17, 2017

AM

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"Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved." (Psalm 55:22)

A _____ ON MY WORRIES

- Matthew _____
- _____ is bigger than many of the things that I worry about
- God _____ me more than the birds He richly provides for
- Being anxious about things I can't control will not produce _____
- Anxiety is an indication that I need to evaluate my _____
- Anxiety is a symptom of being more in sync with the _____ than my Father
- _____ has enough to worry about and doesn't need my help

GIVING _____ AWAY REQUIRES _____

- 1 Peter _____
- I can _____ my cares, and be _____ by them
- I can _____ my cares, and enjoy _____ (Philippians _____)

DO I GIVE ANXIETY _____?

- _____ who the main character is: _____
- _____ your anxieties on Him
- _____ that He cares for you
- _____ your trust in God through _____
- _____ you concern in the right _____