


FORWARD

...THROUGH ANXIETY

THE COURAGE TO TAKE THE NEXT RIGHT STEP!

 New Life Christian Center
February 25, 2024

Pastor Jon Nichols | Turlock
Pastor Tito Valdespino | Patterson

Anxiety fades when...

1.. ...I fully _____ in God's _____.

"Give all your worries and cares to God, for he cares about you."
1 Peter 5:7NLT

2.. ...I truly _____ with God's _____!

"Seek the Kingdom of God above all else, and he will give you everything you need."
Luke 12:31NLT

3. ...I genuinely _____ and _____ Jesus.


"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."
Philippians 4:6-7NLT

"The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring."
Isaiah 58:11NLT

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Anxiety fades when...

1.. ...I fully trust in God's care.

"Give all your worries and cares to God, for he cares about you."
1 Peter 5:7NLT

2.. ...I truly engage with God's power!

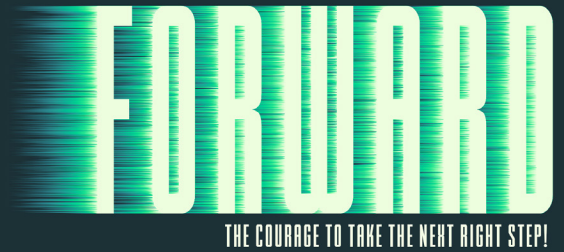
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3. ...I genuinely know and trust Jesus.

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**DISCUSSION
QUESTIONS**
February 25, 2024



1. What are some “wind and waves” that cause fear, worry, or anxiety for you?
2. How does anxiety affect you?
3. Read 1 Peter 5:7 and talk about what it means to give your cares to God.
4. Read Luke 12:31. Why does the attitude and act of seeking God’s Kingdom help to reduce worry?
5. When someone is feeling stuck in their anxious thoughts, what steps could they take?
(See Philippians 4:6-7)
6. Share something that helps you experience peace. What is it about it that is peaceful for you?
7. Share prayer requests and take time to pray for each other.