



Where do you “fall” when you’re stressed?



High Anxiety

High Anger

The Bible says:

1. Understand the _____ issues.

Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23

- The root of anger and anxiety is _____ and _____.

What causes fights and quarrels among you? Don't they come from your desires that battle within you? James 4:1

2. Quit trying to emotionally _____ the person or situation.

²⁷ *Can all your worries add a single moment to your life? . . .*

³⁴ *“So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.*

Matthew 6:27,34

¹⁹ *This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger; ²⁰ for the anger of man does not achieve the righteousness of God.*

James 1:19-20

- Let go and _____ it to God.

Cast all your anxiety on him because he cares for you.

I Peter 5:7

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Philippians 4:6

Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: “It is mine to avenge; I will repay,” says the Lord. Romans 12:19

³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:31-32

3. Walk in the _____ of the Spirit.

¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh . . . ²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. Galatians 5:16; 22-23

Next Steps for October 18:

- ☐ Memorize I Peter 5:7.
- ☐ Release your hurts and your fears to God.
- ☐ Check the box on the connection card for information about our next BAPTISM CELEBRATION on Sunday, November 1.
- ☐ Wave the white flag and allow your life to be controlled by the Holy Spirit.