



Americans Feeling Chronic Anxiety

Anxiety in the U.S. is at an all-time high.
 We are the most anxious nation in the world!
2017 Unisys Security Index

*The land of the Stars and Stripes
 has become the country of stress and strife.*
Max Lucado in USA Today, 10-2-17

Stop It!

God's Word commands followers
 of Jesus to stop being anxious!

Do not be anxious about anything...
Philippians 4:6, NIV

Not: Don't **EVER** be anxious! But: Don't **GO ON** being anxious!

How To Stop The Stress

God's remedy for relieving anxiety is to send it up his direction: turn your worries into prayers!

Philippians 4:6, NIV

Do not be anxious about anything, but in every situation, by prayer and petition...present your requests to God.

1 Peter 5:7, NIV

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

An Additional Prayer Ingredient Is Key

Stress-full people should pray *thank-full* prayers!

Philippians 4:6, NIV & NLT

Do not be anxious about anything, but in every situation, by prayer and petition, WITH THANKSGIVING, present your requests to God...Don't worry about anything; instead, pray about everything. Tell God what you need, AND THANK HIM FOR ALL HE HAS DONE.

Finding Calm In A Chaotic World

Thank-full prayers replace your anxiety with God's peace!

Philippians 4:6-7, NIV

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Don't Forfeit God's Peace!

What a friend we have in Jesus
All our sins and griefs to bear!
What a privilege to carry
Everything to God in prayer!

O what peace we often forfeit
O what needless pain we bear
All because we do not carry
Everything to God in prayer!
