

DEFANG FEAR

WITHSTAND WORRY

ADRIAN MORENO | JANUARY 5 & 6

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. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. - Philippians 4:6-9 NLT

Worry is _____

1. _____

2. _____

3. _____

You experience _____

BOTTOM LINE

If you want true peace from worry, _____

MENTAL HEALTH RESOURCES

- **1-800-273-TALK** (8256)
- Text "**NAMI**" to **741741**
- For a full list of resources www.tlc.org/GetHelp