



Be Still

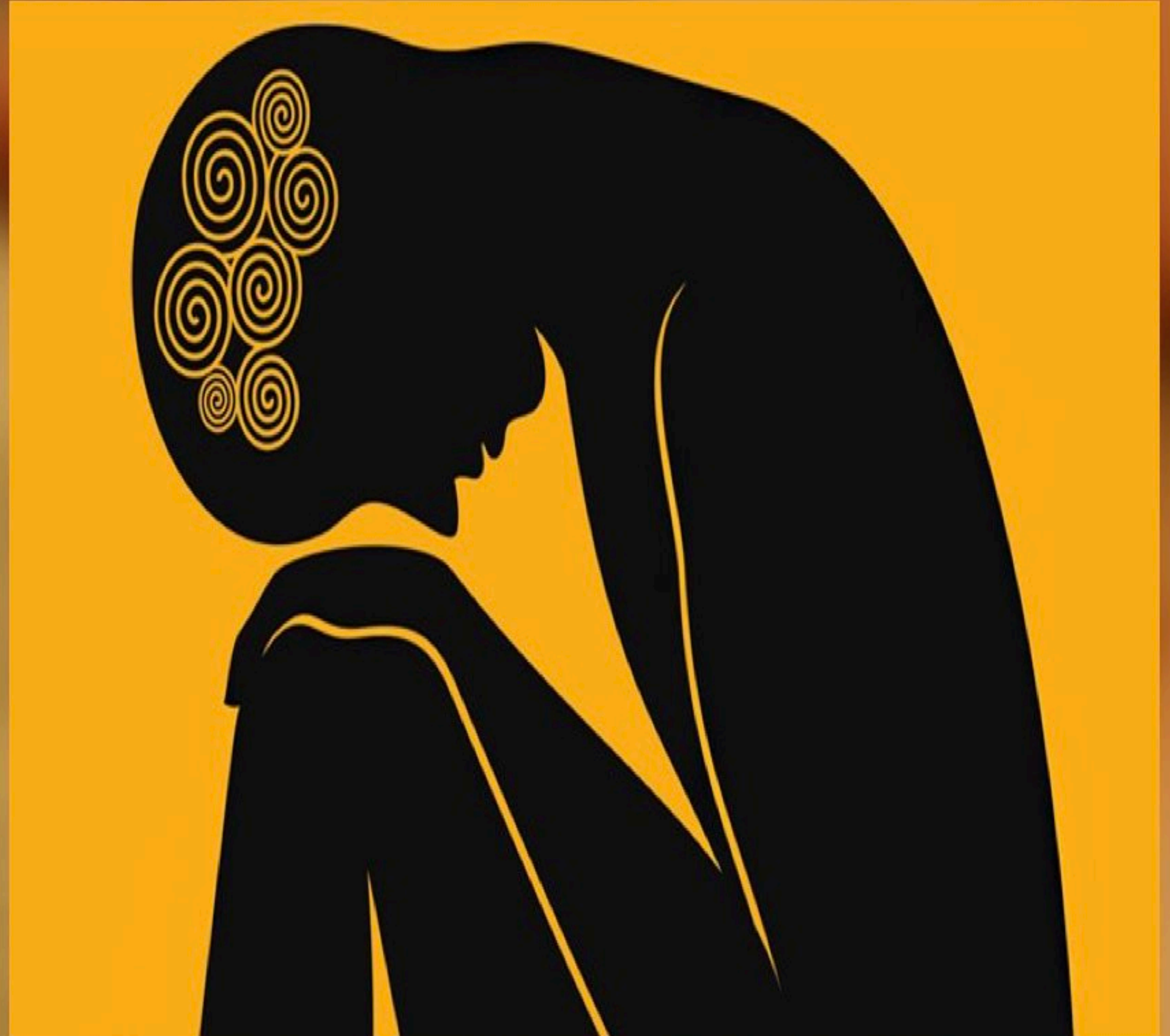
MY ANXIOUS HEART



headache
scared
chest pain
phobia
tension
tense
panic attacks
trembling
tension
angst
jumpy
sweating
restlessness
symptoms
mood
degenerate
emotional
disorder
worry
feelings
fear
stress

ANXIETY

Unhealthy



Unproductive



Unbecoming



Philippians 4:4-9

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4 Rejoice in the Lord always. I will say it again: Rejoice!

5 Let your gentleness be evident to all. The Lord is near.

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

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**8 Finally, brothers and sisters,
whatever is true, whatever is
noble, whatever is right, whatever
is pure, whatever is lovely,
whatever is admirable—if
anything is excellent or
praiseworthy—think about such
things.**

9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

When you start to worry...

PIVOT TO PRAYER

LOOK for
the LORD

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**ABOVE ALL ELSE
GUARD YOUR
HEART**

◦ ◦ ◦ FOR ◦ ◦ ◦

**EVERYTHING
YOU DO
FLOWS FROM IT
PROVERBS 4:23**

THE MIND GOVERNED BY THE
FLESH IS DEATH, BUT THE
MIND GOVERNED BY THE
SPIRIT IS LIFE AND PEACE.

ROMANS 8:6 NIV

**YOU KEEP HIM
IN PERFECT PEACE**

**WHOSE MIND IS STAYED
ON YOU, BECAUSE
HE TRUSTS IN YOU.**

ISAIAH 26:3

**A peace filled life is
a prayer filled life**

**STOP
WORRYING.
START
PRAYING!**

(improvementful)

Prayers -→

Priorities-→

Practice

**The Peace of God
is only accessible
through the Grace of God.**

**Am I
a Worrier
or a Warrior?**





Be Still

MY ANXIOUS HEART



