



ANXIOUS FOR NOTHING - WEEK 1
"REJOICE ALWAYS?"

Here are the questions to think about - and act on? - this week in our new ANXIOUS FOR NOTHING series!

***The Latin word behind anxiety means "to choke" or "to squeeze".
What is choking your life right now? What is squeezing you so tight you can hardly breathe or move?***

What might it look like, feel like, to keep on keeping on giving these things over to God?

What is keeping you from that decision?

Can you, will you, make a list of two things every day this week that cause you to Rejoice in the Lord?

Will you begin memorizing Philippians 4:4-8? Start with this week's verse...maybe include v.5, too!